6.17 MOTORIZED TREADMILL

USER WEIGHT LIMITATION: 350LBS (150KGS)

SERIAL NUMBER (Found on Frame):

PRECAUTIONS

For Future Service or Related Questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your treadmill.

Name: _____ Phone Number: _____ Receipt: _____

WARNING:

To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill makes sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than **350 LBS (150 kgs)**
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.
- The equipment is for Class B (Home Use).

POWER REQUIREMENT

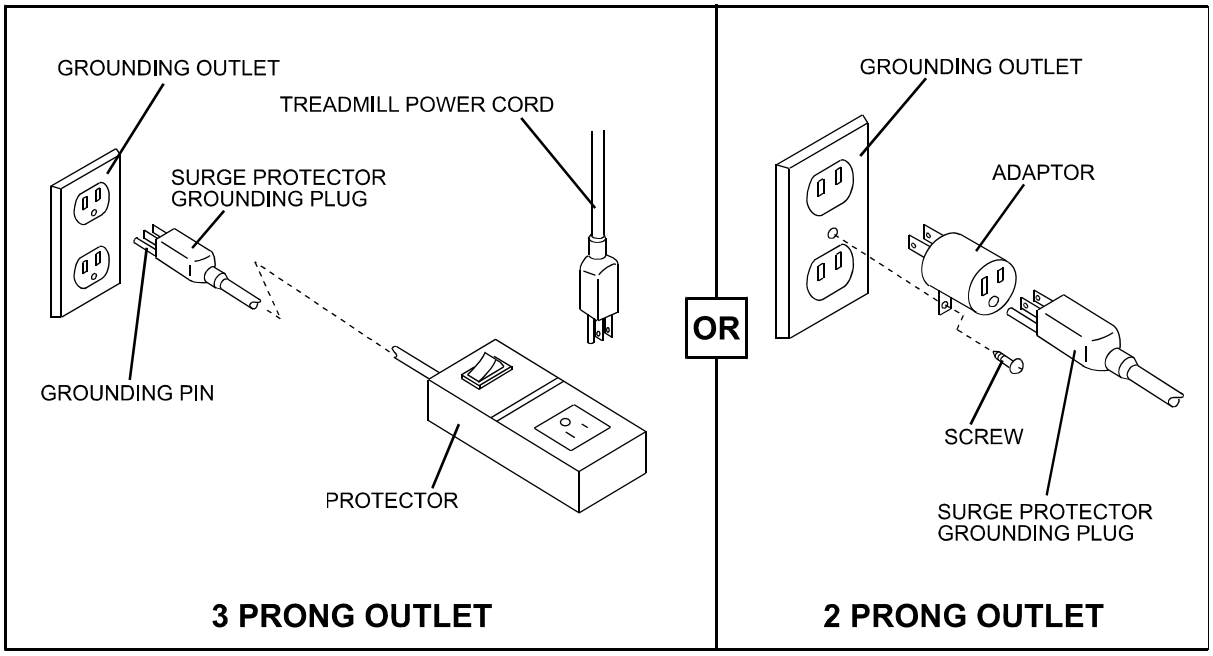
POWER REQUIREMENT

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill comes with an electrical cord having an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.



PREASSEMBLY

Open The Boxes:
You are now ready to open the boxes of your new equipment.
Make sure to inventory all of the parts that are included in the boxes.
Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local Smooth Retailer.

Gather Your Tools:
Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear Your Work Area:
Make sure that you have cleared away a large enough space to properly assemble the unit.
Make sure the space is free from anything that may cause injury during assembly.
After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a Friend:
Some of the assembly steps may require heavy lifting.
It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:
Please note that there is a weight limitation for this product.
If you weigh more than 350LB (Approx. 150 Kg). It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

Care and Maintenance :

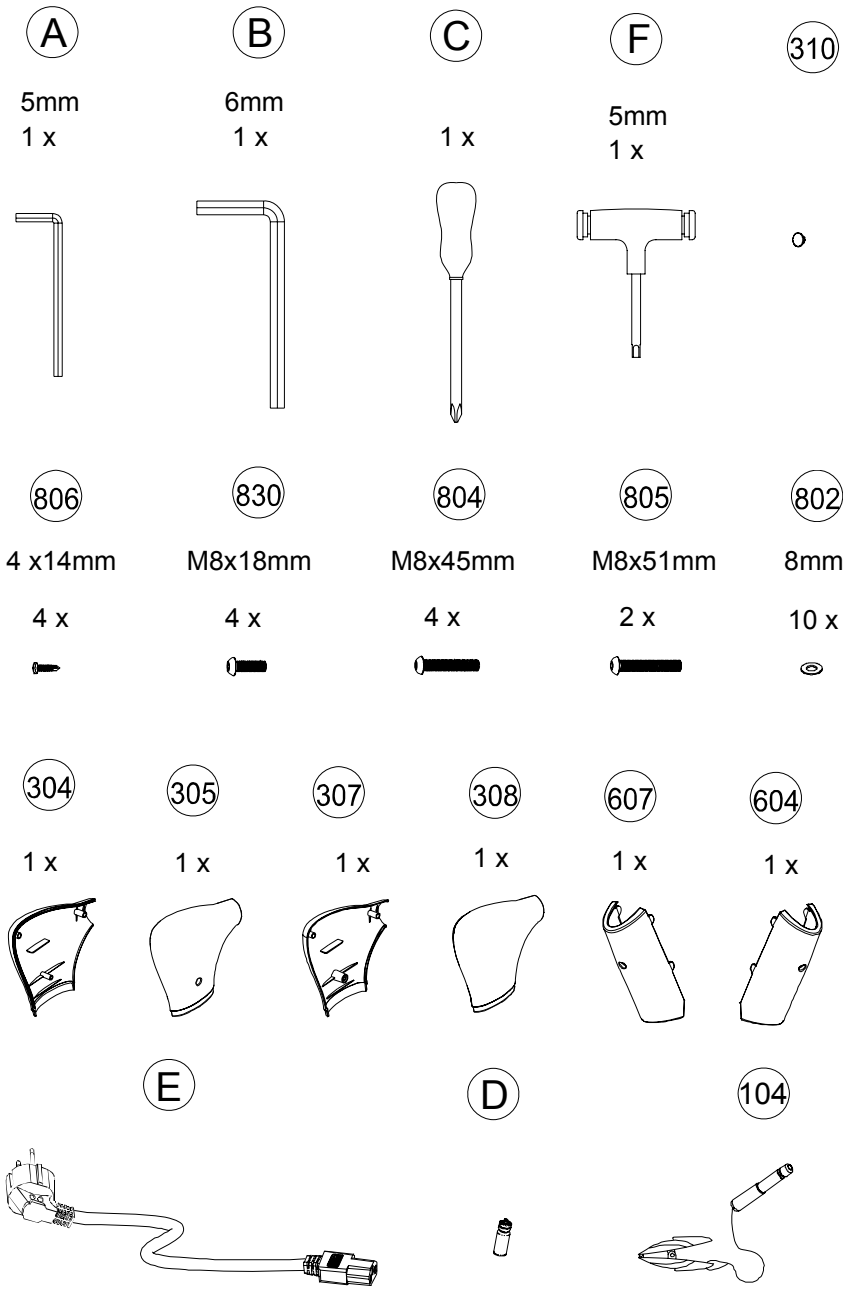
1. The safety level can be maintained only if it is examined for damage and wear.
2. Replace the defect components immediately and do not use the equipment until it is repaired.
3. Always mount the equipment and straddle the running belt before you start the treadmill. Dismount from the treadmill only after the running belt has stopped.
4. Always check for worn components like pulleys, belts etc.
5. Emergency Stop: You can stop the treadmill immediately by removing the safety key.

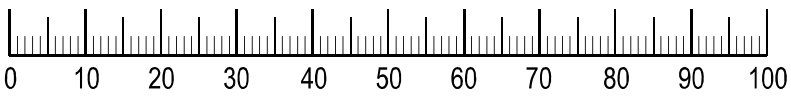
HARDWARE COMPARISON CHART

Hardware Chart:

For your convenience, we have identified the hardware used in the assembly of this product.
This chart is provided to help you identify those items that may be unfamiliar to you.

No.	Description	Qty.
310	Screw Cover	2
802	Φ8 Washer	10
804	M8x45mm Allen Head Cap Bolt	4
805	M8x51mm Allen Head Cap Bolt	2
806	Φ4x14mm Screw	4
830	M8x18mm Allen Head Cap Bolt	4
304	Hand bar Cover - LL	1
305	Hand bar Cover - LR	1
307	Hand bar Cover - RL	1
308	Hand bar Cover - RR	1
604	Upright Base Cover-L-Back	1
607	Upright Base Cover-R-Back	1
104	Safety Key	1
A	6mm Allen key	1
B	6mm Allen key	1
C	Screw Driver	1
D	Oil Can	1
E	Power Cord	1
F	5mm Allen Wrench	1





MILLIMETERS

PARTS LIST

Part No.		Description	Qty.	Order No.
100				
	101	Computer Button Cover	1	6.17- 101
	102	Console Housing -Upper	1	6.17- 102
	103	Computer	1	6.17- 103
	104	Safety Key	1	6.17- 104
	105	Safety Key Base	1	6.17- 105
	106	Button Board	1	6.17- 106
	107	Console Housing-Bottom	1	6.17- 107
	108	Overlay	1	6.17- 108
200				
	201	Console Fixed Tube -Left	1	6.17- 201
	202	Handbar Foam -Small	2	6.17- 202
	203	Console Fixed Tube -Right	1	6.17- 203
	206	Handpulse Sensor -Upper	2	6.17- 206
	207	Handpulse Sensor -Bottom	2	6.17- 207
	208	Handbar Foam -Big	2	6.17- 208
	209	Handpulse Tube	1	6.17- 209
300				
	301	Upright- Left	1	6.17- 301
	302	7 Pin Computer Wire	1	6.17- 302
	303	2 Pin Safety Key Wire	1	6.17- 303
	304	Handbar Cover -LL	1	6.17- 304
	305	Handbar Cover -LR	1	6.17- 305
	306	Upright Connect Frame-Left	1	6.17- 306
	307	Handbar Cover -RL	1	6.17- 307
	308	Handbar Cover -RR	1	6.17- 308
	309	Upright Connect Frame-Right	1	6.17- 309
	310	Screw Cover	2	6.17- 310
	311	Upright-Right	1	6.17- 311
400				
	401	Main Frame	1	6.17- 401
	402	Front Roller	1	6.17- 402
	403	Front Roller Shaft	1	6.17- 403
	404	Elevation Control Board	1	6.17- 404
	405	Rear Roller	1	6.17- 405
	406	Control Board	1	6.17- 406
	407	Rear Roller-Shaft	1	6.17- 407
	408	Elevation Motor	1	6.17- 408
	409	Elevation Motor Gear Sleeve	1	6.17- 409
	410	Running Deck Cross Brace	1	6.17- 410
	411	Running Deck Cross Brace Foam	1	6.17- 411
	412	Wheel Cushion	2	6.17- 412
	413	Elevation Control Board Fixing Insert	6	6.17- 413
	414	Conversion Cable	1	6.17- 414

PARTS LIST

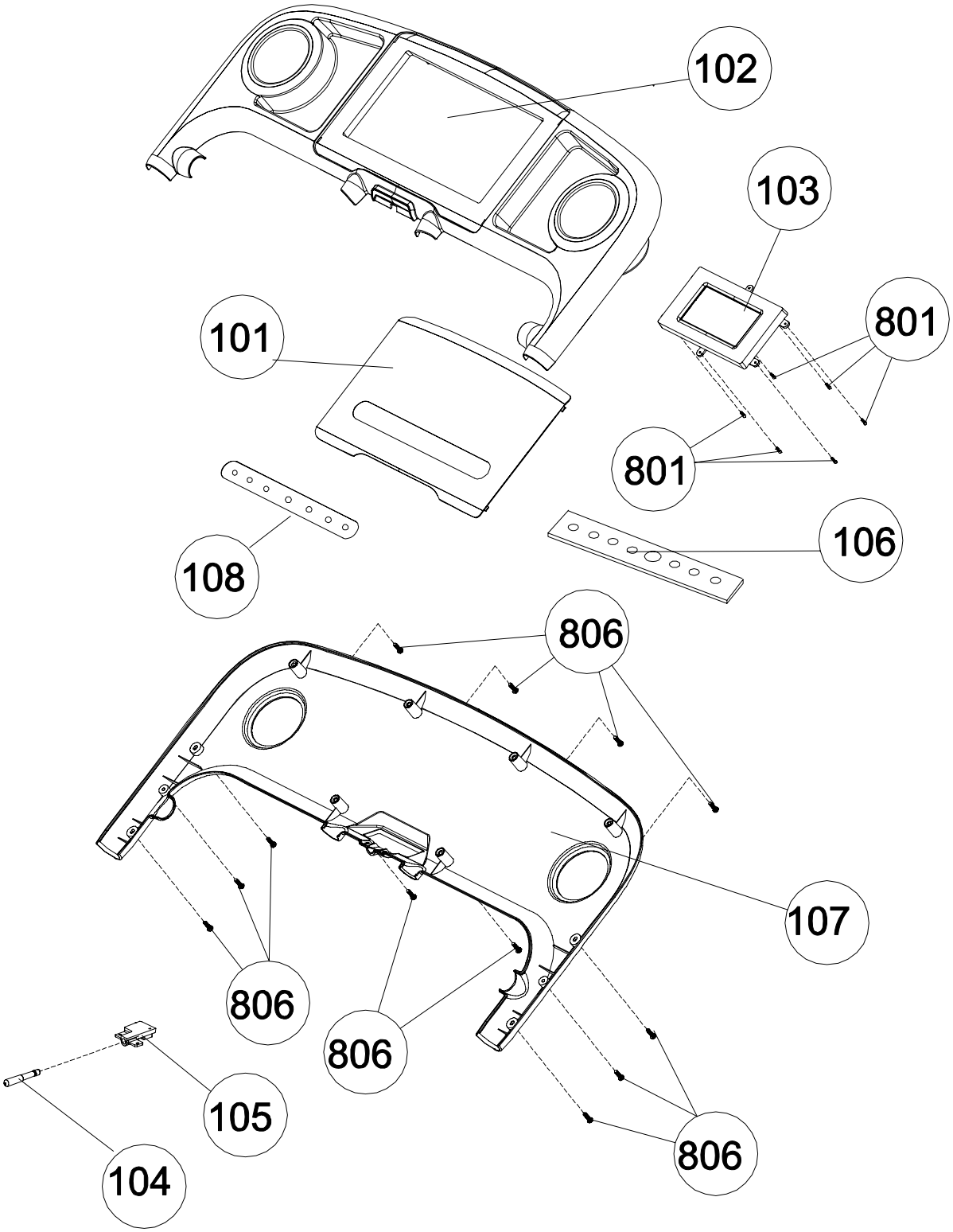
Part No.		Description	Qty.	Order No.
500				
	501	Motor Hood -Upper	1	6.17- 501
	502	Motor Hood Decorative Cover- Left	1	6.17- 502
	503	Motor Hood Decorative Cover- Right	1	6.17- 503
	504	Motor Hood-Bottom	1	6.17- 504
	505	Driving Motor	1	6.17- 505
	506	Driving Motor Base	1	6.17- 506
	507	Transportation Wheel-Front	2	6.17- 507
	508	Driving Belt	1	6.17- 508
	509	Plastic Clamp-Upper	2	6.17- 509
	510	Plastic Clamp-Bottom	2	6.17- 510
	511	Bracket	2	6.17- 511
	512	Fold Up Support	1	6.17- 512
	513	Shock	1	6.17- 513
	514	Fold Up Support Wheel	1	6.17- 514
	515	Fold Up Support Bush	2	6.17- 515
	516	Elevation Support Frame	1	6.17- 516
600				
	601	Base Frame	1	6.17- 601
	602	Upright Base Cover -L-L	1	6.17- 602
	603	Upright Base Cover -L-R	1	6.17- 603
	604	Upright Base Cover -L-Back	1	6.17- 604
	605	Upright Base Cover -R-L	1	6.17- 605
	606	Upright Base Cover -R-L	1	6.17- 606
	607	Upright Base Cover -L-Back	1	6.17- 607
	608	Power Switch Plate Base	1	6.17- 608
	609	Power Breaker	1	6.17- 609
	610	Power Switch	1	6.17- 610
	611	Power Switch Board	1	6.17- 611
	612	Electric Outlet	1	6.17- 612
	613	Rubber Cushion	4	6.17- 613
	614	Fold Up Locker	1	6.17- 614
	615	Spring	1	6.17- 615
	616	Transportation Wheel Pedal	1	6.17- 616
	617	Transportation Wheel Holder	1	6.17- 617
	618	Transportation Wheel-Rear	1	6.17- 618
700				
	701	Running Belt	1	6.17- 701
	702	Side Rail	2	6.17- 702
	703	Side Rail Insert Bar	2	6.17- 703
	704	Left Rear End Cap-Outside	1	6.17- 704
	705	Left Rear End Cap-Inner	1	6.17- 705
	706	Left Rear End Cap-Decorative Cover	1	6.17- 706
	707	Right Rear End Cap-Outside	1	6.17- 707
	708	Right Rear End Cap-Inner	1	6.17- 708

PARTS LIST

Part No.		Description	Qty.	Order No.
	709	Left Rear End Cap-Decorative Cover	1	6.17- 709
	710	Running Deck	1	6.17- 710
	711	Running Deck Rubber Cushion	8	6.17- 711
	712	Side Rail Guider	8	6.17- 712
	800			
	801	Φ 2x6mm Screw	8	6.17- 801
	802	Φ 8 Washer	24	6.17- 802
	803	Φ 3.5x14mm Screw	27	6.17- 803
	804	M 8x45mm Allen Head Cap Bolt	8	6.17- 804
	805	M 8x51mm Allen Head Cap Bolt	4	6.17- 805
	806	Φ 4x14mm Screw	76	6.17- 806
	807	M 8x10mm Allen Head Cap Bolt	2	6.17- 807
	808	M 8x70mm Allen Head Cap Bolt	2	6.17- 808
	809	M 6x45mm Allen Head Cap Bolt	3	6.17- 809
	810	M 8x30mm Bolt	10	6.17- 810
	811	Φ 6 Washer	3	6.17- 811
	812	M 10x38mm Allen Head Cap Bolt	2	6.17- 812
	813	M10 Nut	5	6.17- 813
	814	M 10x30mm Allen Head Cap Bolt	1	6.17- 814
	815	M 4x12mm Bolt	4	6.17- 815
	816	M 10x28mm Allen Head Cap Bolt	2	6.17- 816
	817	M 8 Nut	6	6.17- 817
	818	M 10x43mm Allen Head Cap Bolt	1	6.17- 818
	819	Φ 10 Washer	2	6.17- 819
	820	M 8x47mm Bolt	1	6.17- 820
	821	M 8x85mm Motor Adjustment Bolt	1	6.17- 821
	822	Φ 35x6mm Spring Washer	2	6.17- 822
	823	Φ 25x12mm PU Cushion	1	6.17- 823
	824	M 8x12mm Allen Head Cap Screw	2	6.17- 824
	825	M 10x116mm Allen Head Bolt	1	6.17- 825
	826	M 10x66mm Allen Head Cap Screw	1	6.17- 826
	827	M 8x30mm Allen Head Cap Bolt	4	6.17- 827
	828	Snap Link	1	6.17- 828
	829	Φ 4x19mm Screw	16	6.17- 829
	830	M 8x18mm Allen Head Cap Bolt	4	6.17- 830
	831	M 16x139mm Bolt	2	6.17- 831
	832	M 6 Nut	1	6.17- 832
	833	M 8x52mm Allen Head Cap Bolt	1	6.17- 833
	834	M 10x44mm Allen Head Cap Bolt	1	6.17- 834
	835	M 8x38mm Allen Head Cap Bolt	1	6.17- 835
	836	M 5x14mm Bolt	4	6.17- 836
	837	Φ 6 Plastic Insert	4	6.17- 837
	838	Φ 6.2 Plastic Insert	14	6.17- 838
	839	Φ3x14 mm Screw	4	6.17- 839
	840	Φ4x25 mm Screw	2	6.17- 840
	841	Φ6 ₊ Washer	2	6.17- 841

PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED AT THE FACTORY.



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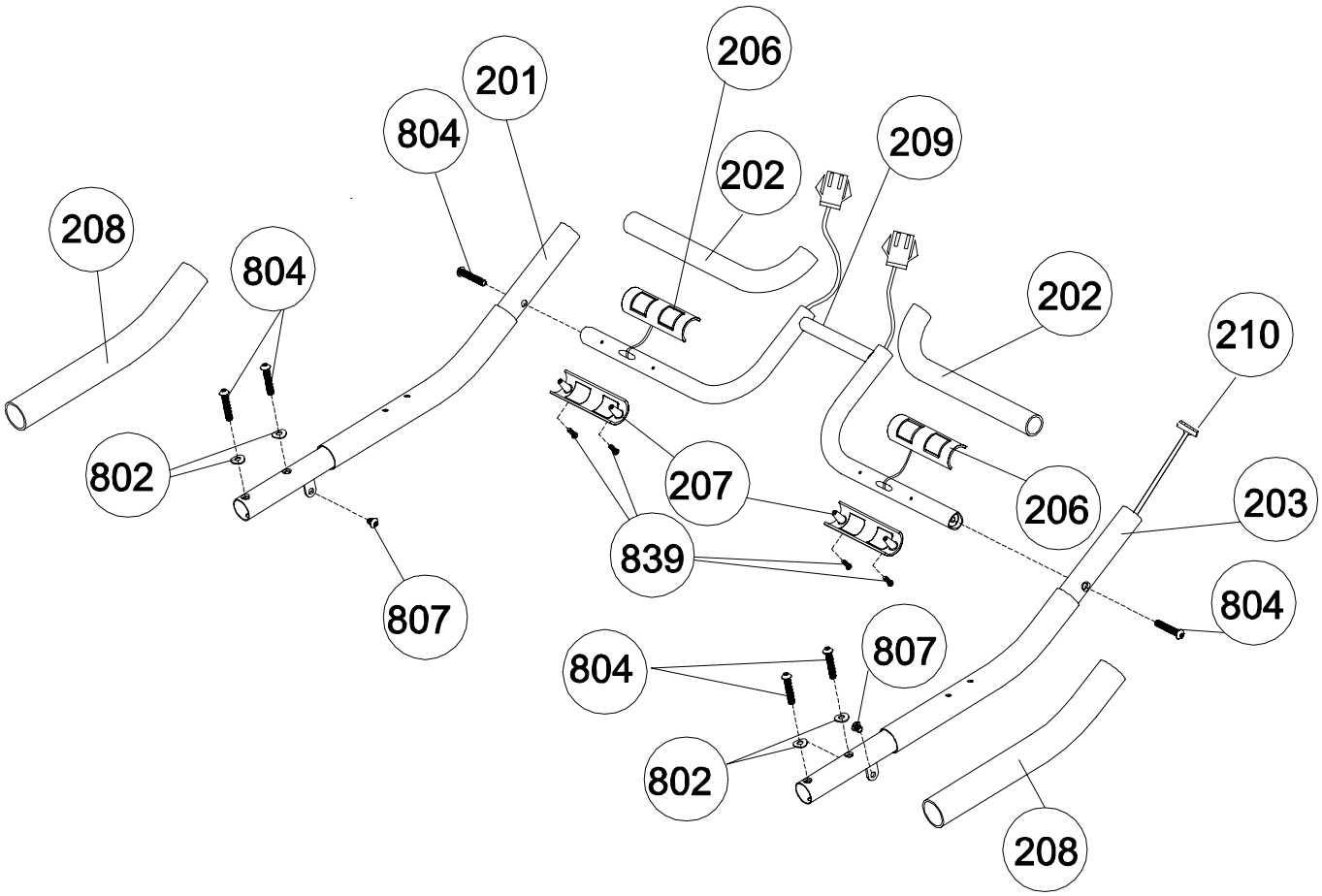

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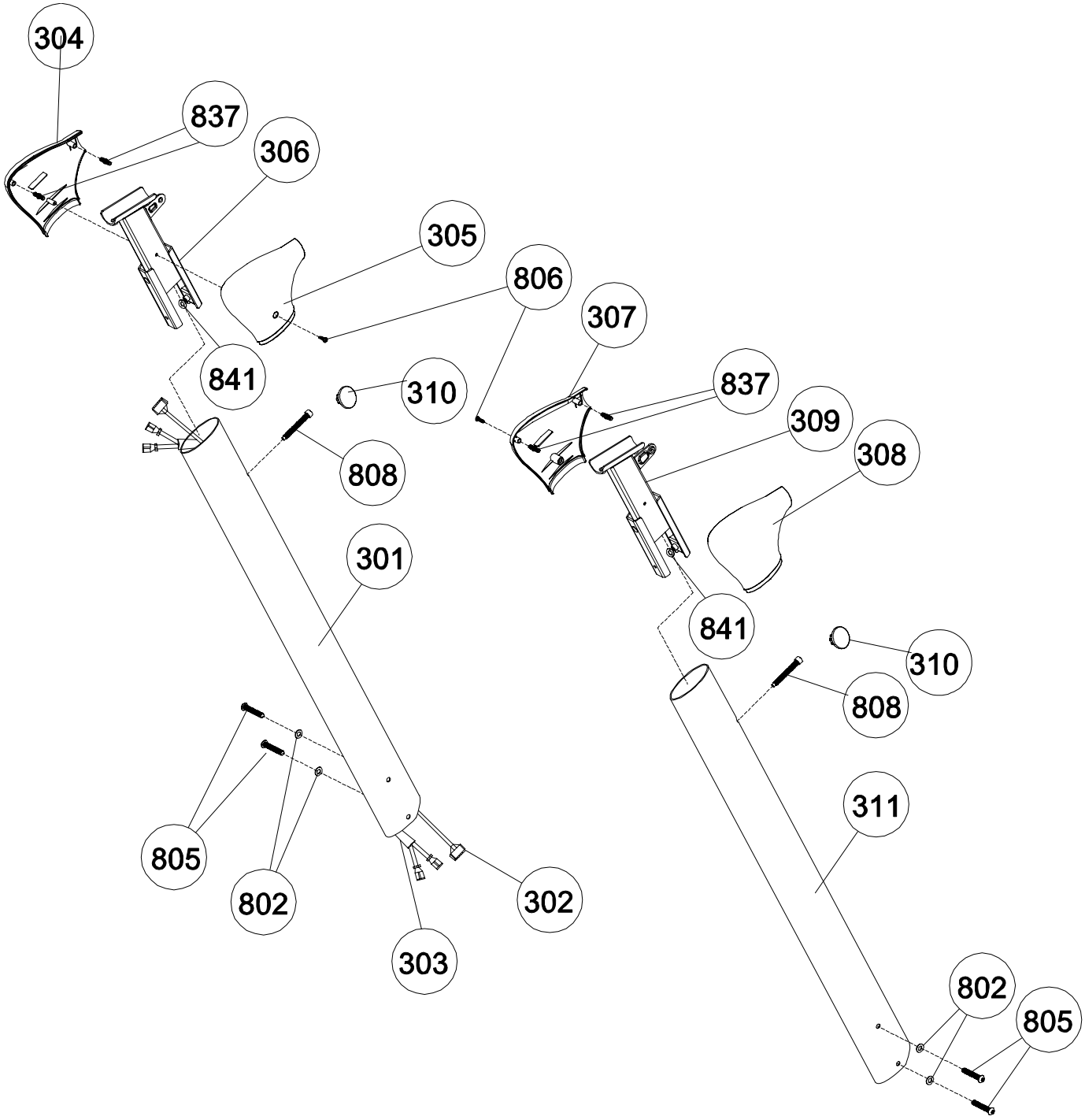

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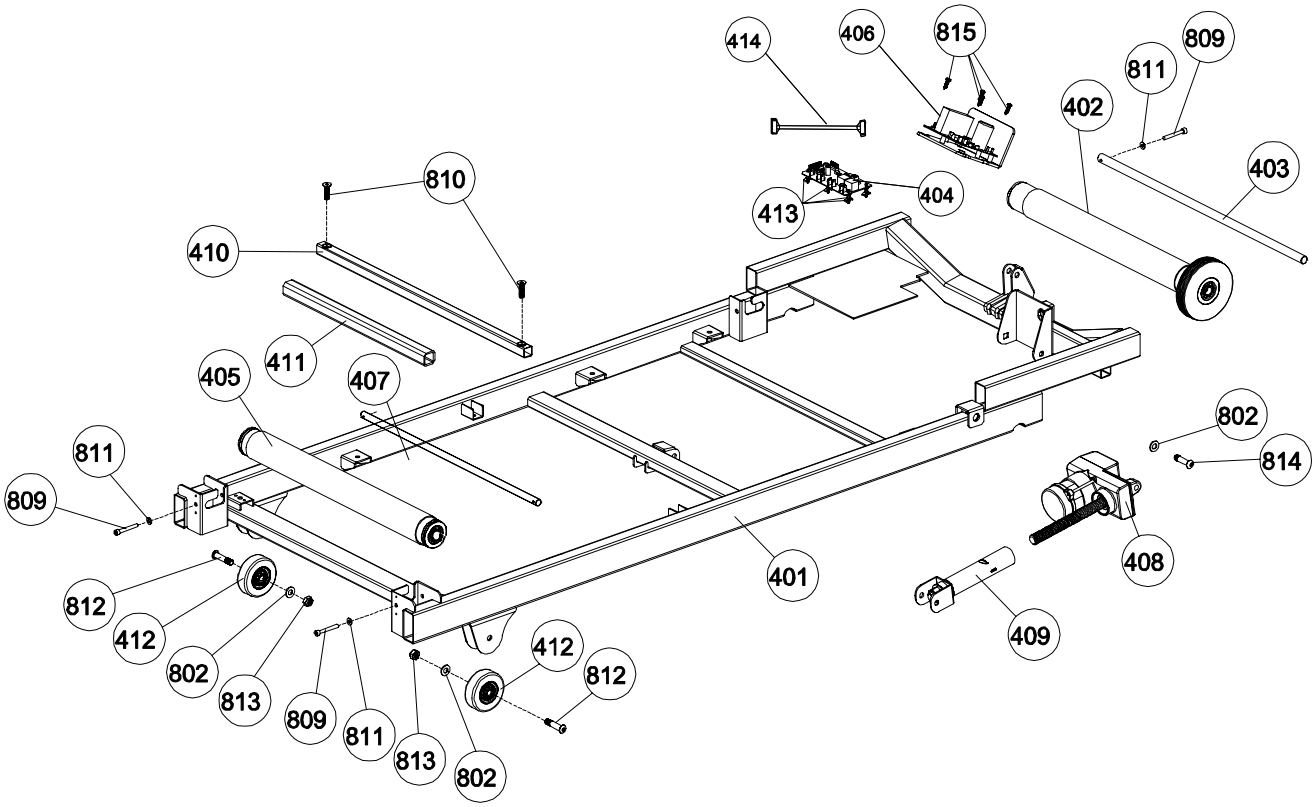

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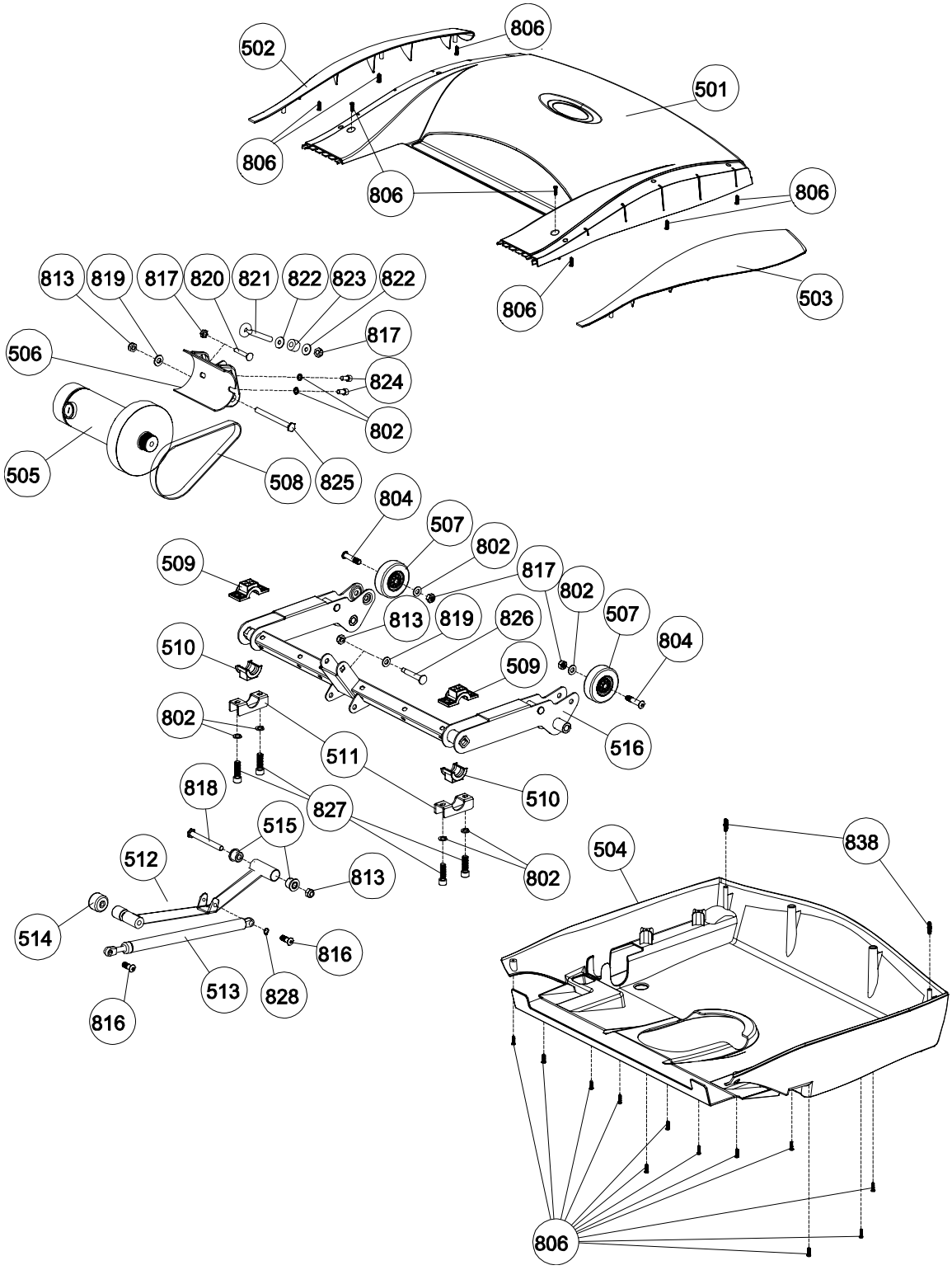

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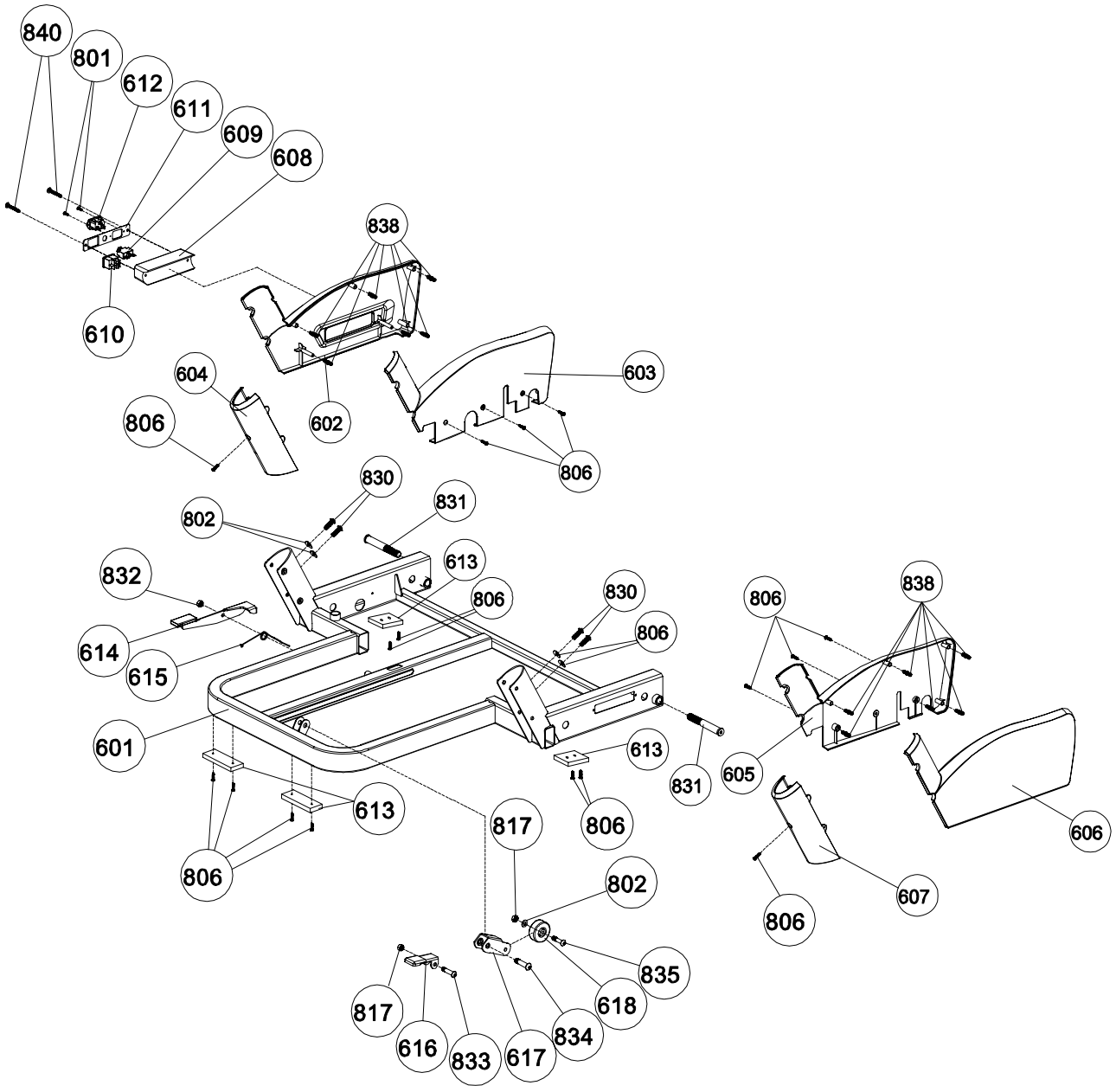

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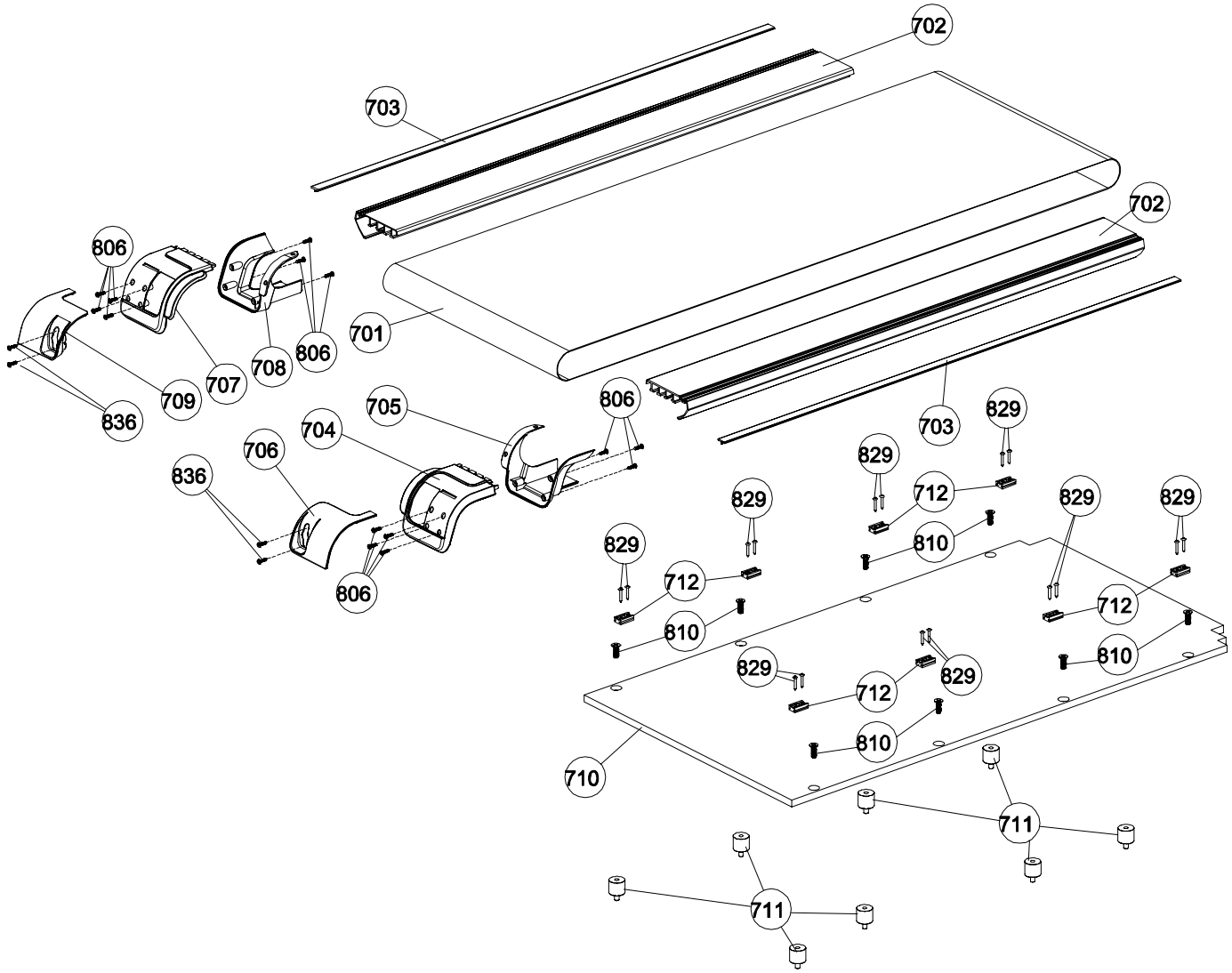


ASSEMBLY

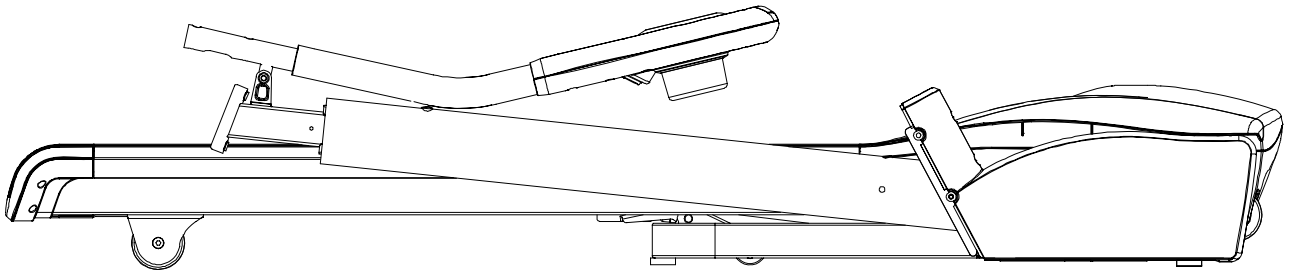
STEP 1:

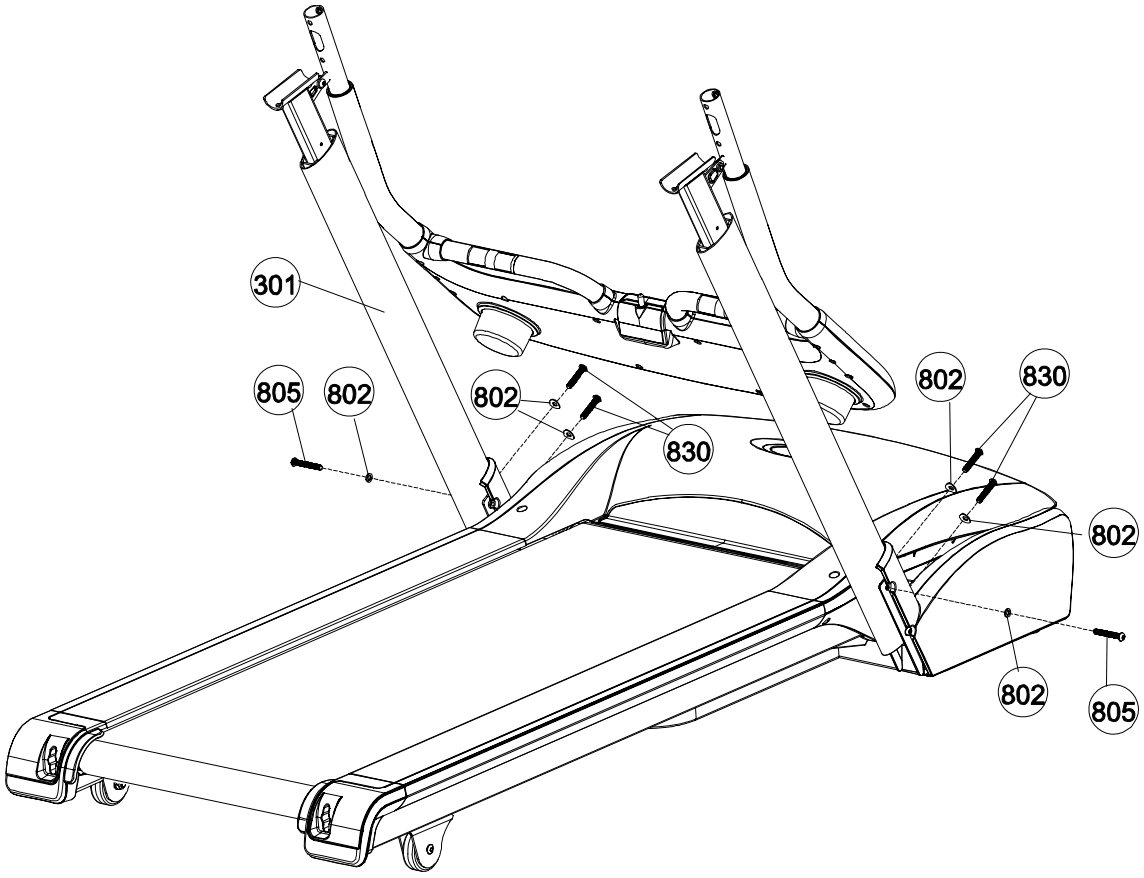
A. Remove the carton and all packing material from the treadmill and place the treadmill on the floor in an open area.

B. Raise up the Upright (301), and secure the Left Upright using two M8x18mm Allen Head Cap Bolt (830), two Φ8 Washer (802), one M8x51mm Bolt (805) and one Φ8 Washer (802).

C. Secure the Right Upright using two M8x18mm Allen Head Cap Bolt (830), two Φ8 Washer (802), one M8x51mm Bolt (805) and one Φ8 Washer (802).

802		X 6
805		X 2
830		X 4





ASSEMBLY

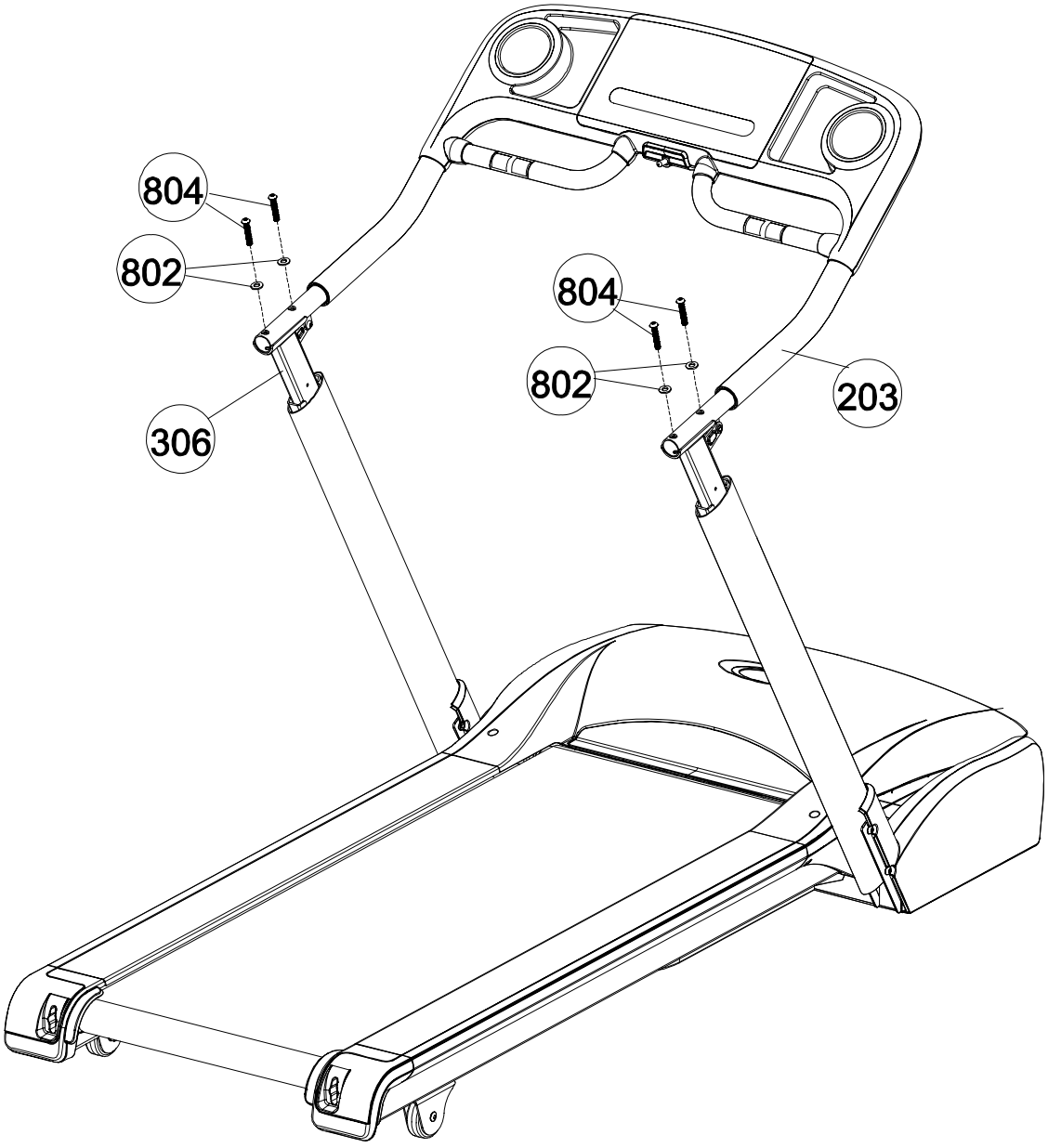
STEP 2:

A. Rotate the Console Assembly (203) up and hold while the bolts are inserted.

B. Secure the Right Handbar with two M8x45mm Allen Head Cap Bolt (804) and two Φ8 Washer (802).

C. Secure the Left Handbar with two M8x45mm Allen Head Cap Bolt (804) and two Φ8 Washer (802) .

802		X 4
804		X 4



ASSEMBLY

STEP 3:

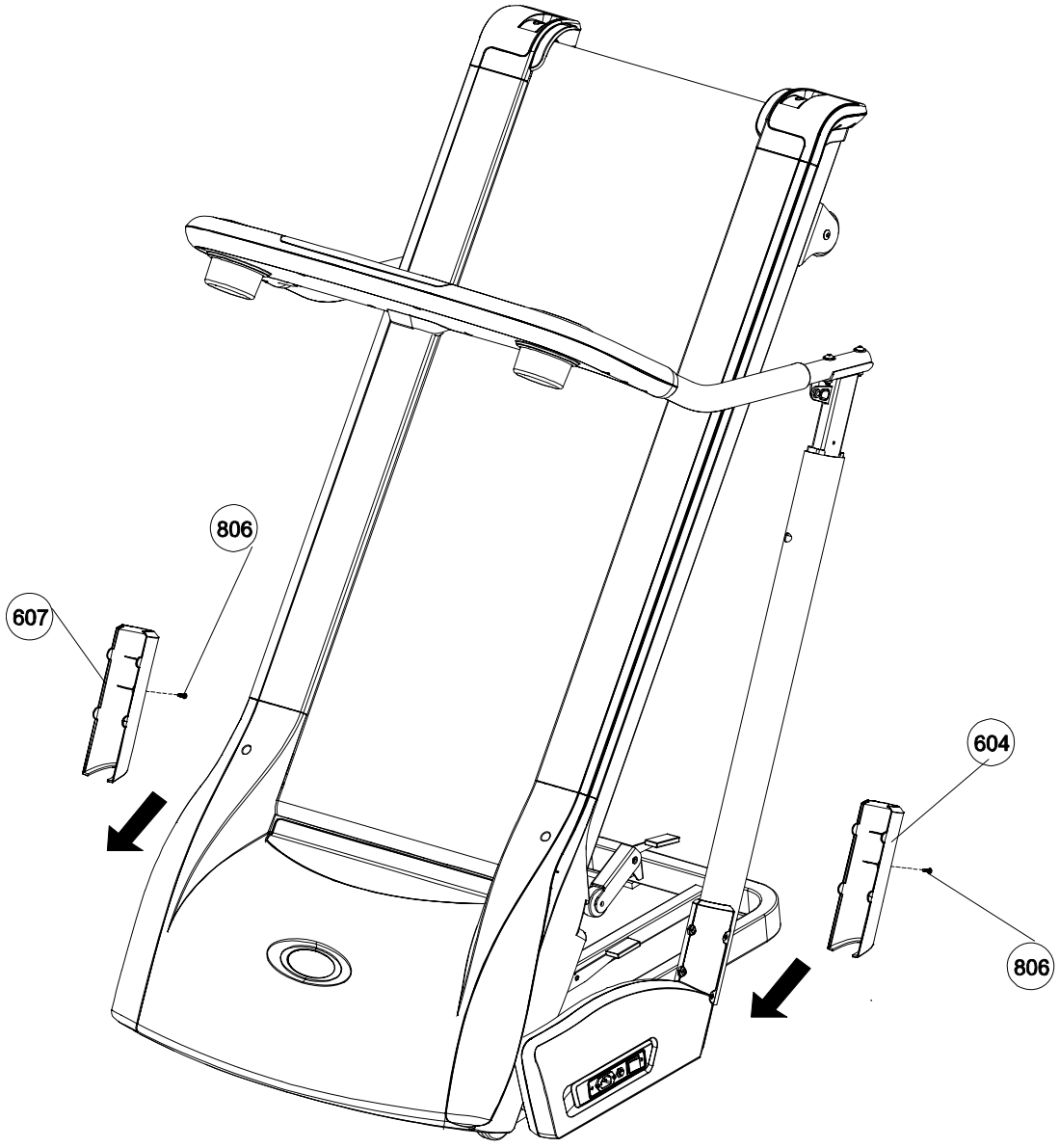
NOTE: Refer to **FOLDING INSTRUCTION** on the page 22.

A. Fold up the running deck until it locks in correct position.

B. Attach Right Upright base cover- back (604) to the right upright, secure with one 4 x 14mm screw (806).

C. Attach Left Upright base cover- back to the left upright, secure with one 4 x 14mm screw.

806		X 2



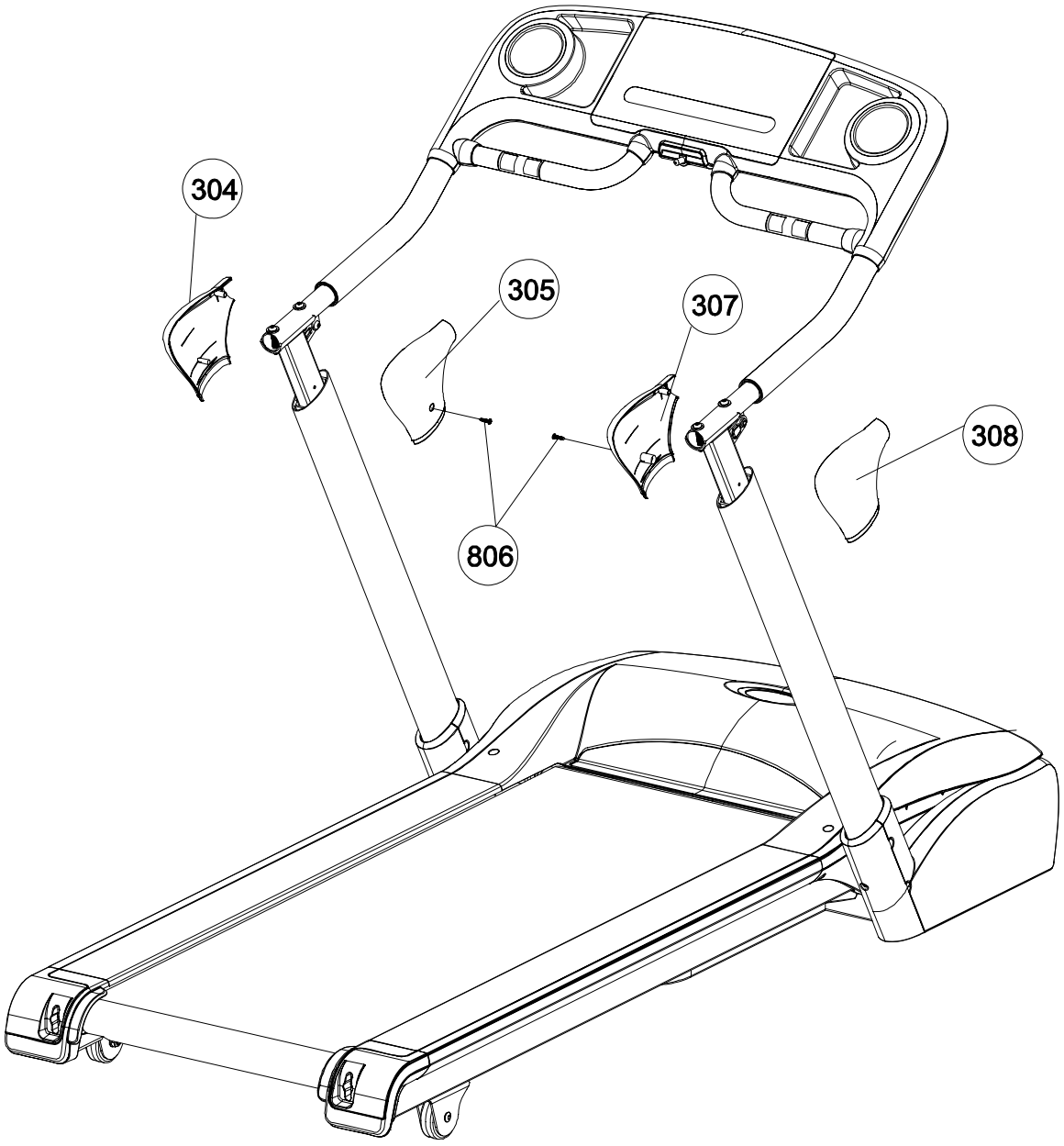
ASSEMBLY

STEP 4:

A. Attach the Handbar Cover-LL (304) then attach the Handbar Cover-LR (305), secure with one 4 x 14mm screw.

B. Attach the Handbar Cover-RR (308) then attach the Handbar Cover-RL (307), secure with one 4 x 14mm screw.

806		X 2



ASSEMBLY

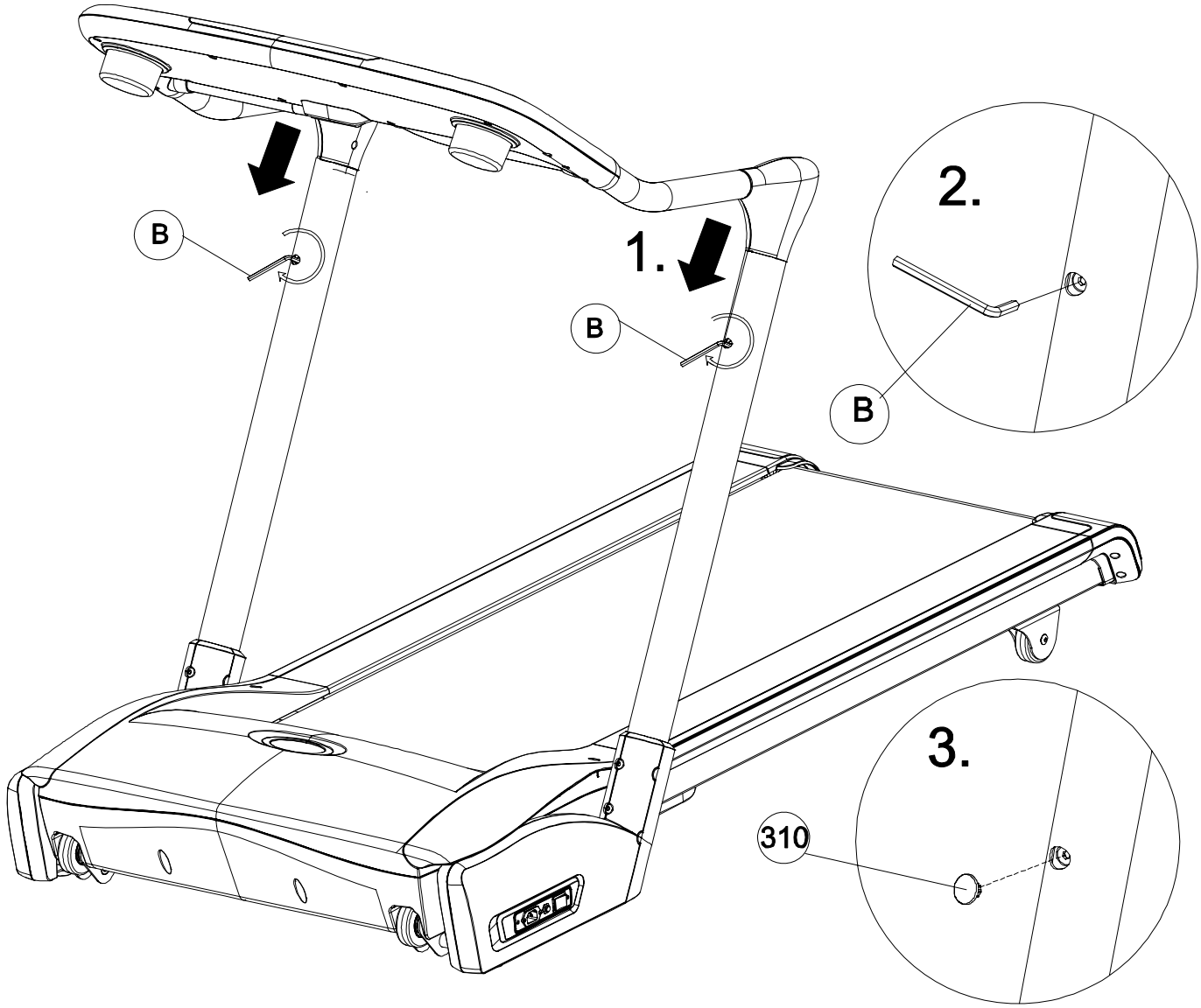
STEP 5:

A. Loosen Handlebar securing bolts using the 6mm Allen key and push the Handlebar down until the handlebar covers are fully seated in the uprights.

B. Tighten the Handlebar securing bolts.

C. Insert the Screw covers (310) to the uprights as shown the Close-up 3.

310		X 2

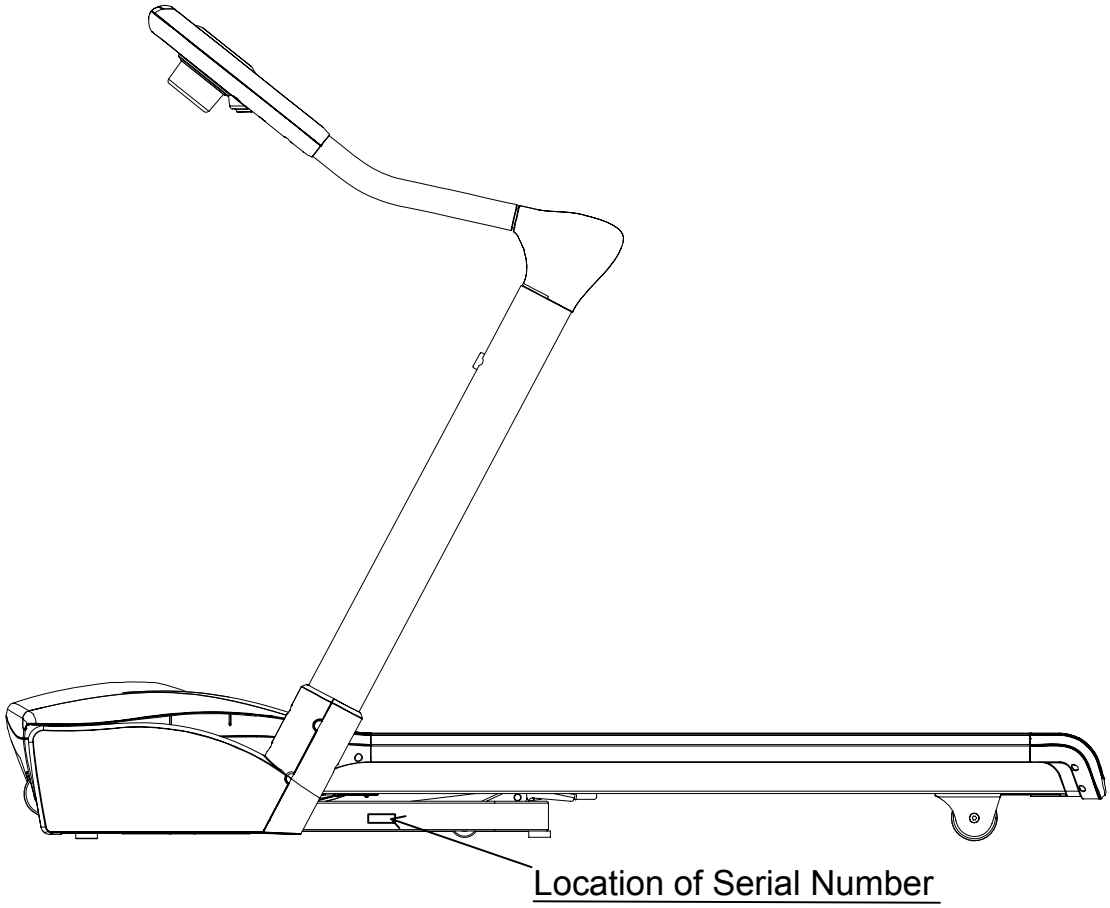


ASSEMBLY COMPLETE

Congratulations your 6.17 TREADMILL is fully assembled.

Check that all the components are secure and all the hardware is tight. By this step all bolts and screw should be wrench tight. If any hardware is not wrench tight go back and tighten.

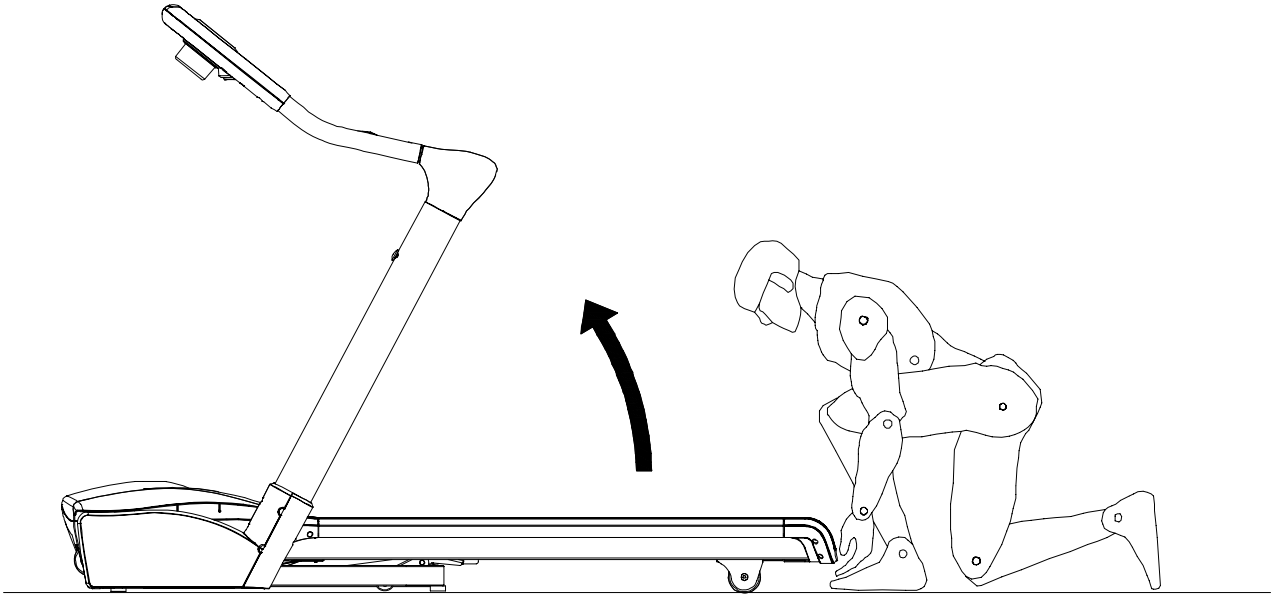
You can find the Serial Number as shown in the photo.



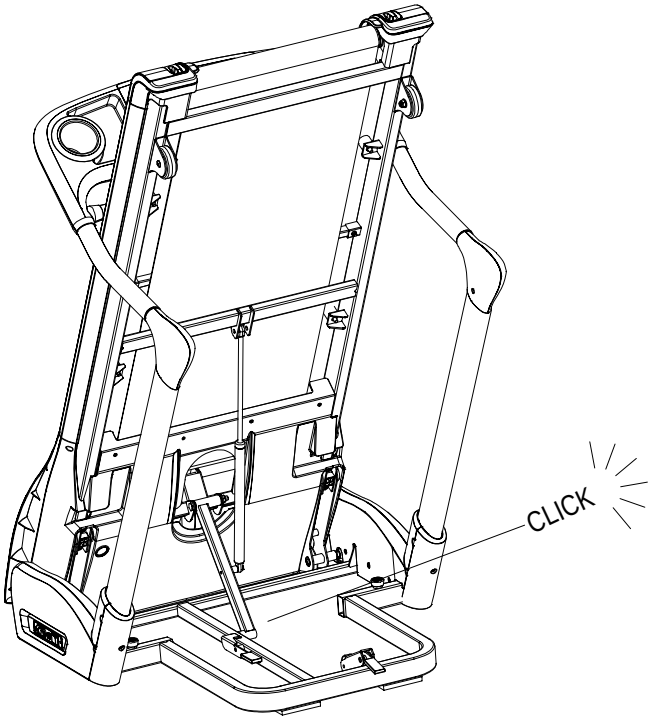
FOLDING INSTRUCTION

How To Fold Up The Treadmill:

Your treadmill can be folded up for space saving storage.



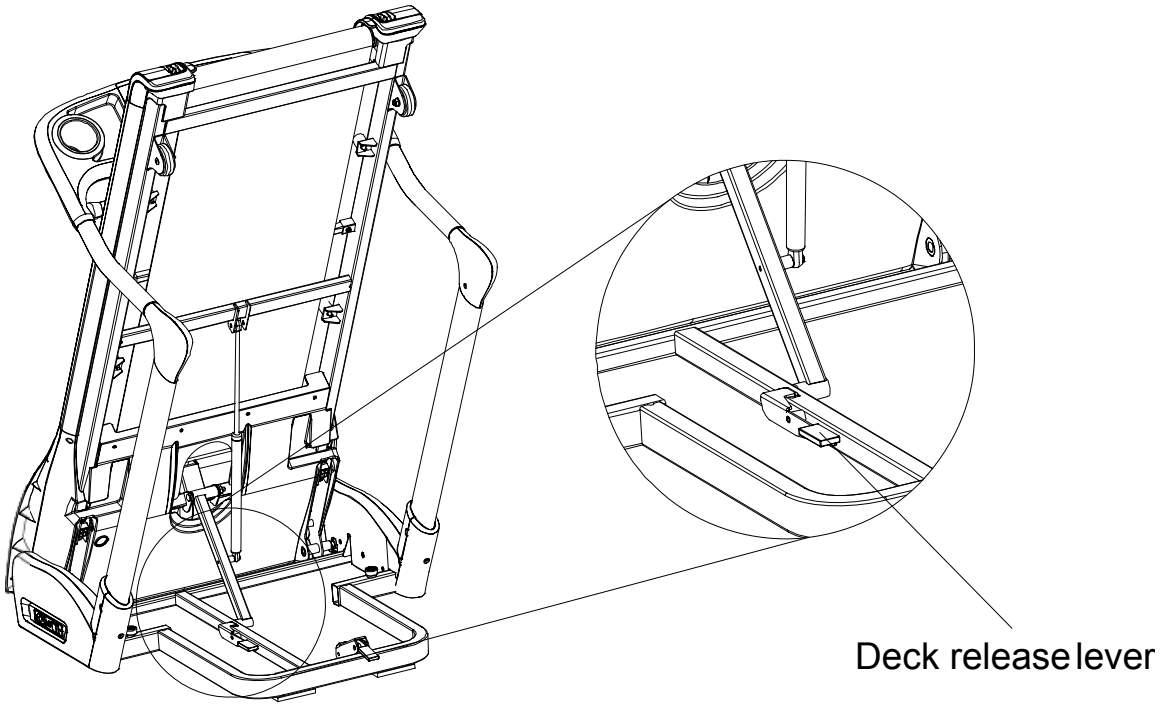
Lift the deck from the rear so that the treadmill rests on the front transportation wheels.



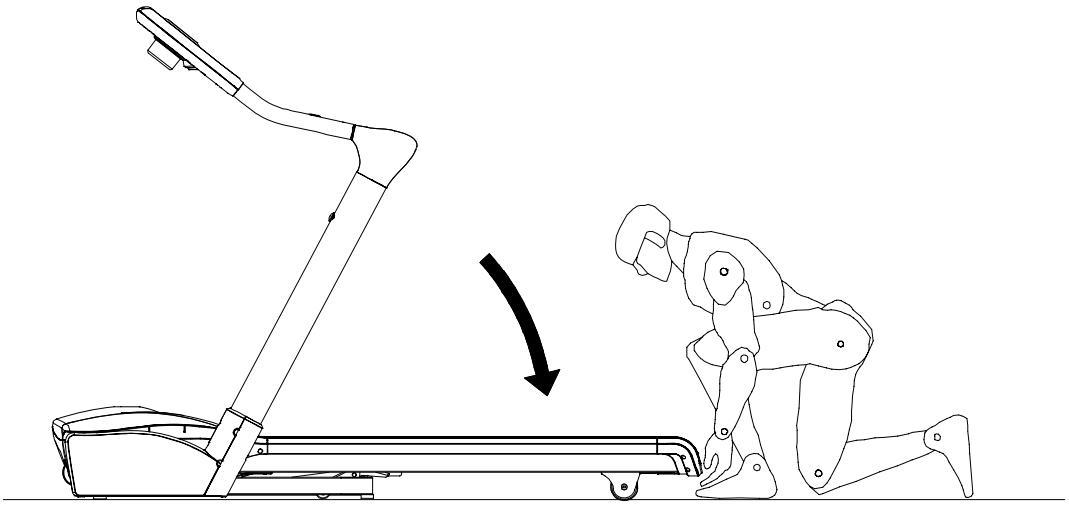
Roll to a desired location.

UNFOLDING INSTRUCTION

How To Unfold The Treadmill:

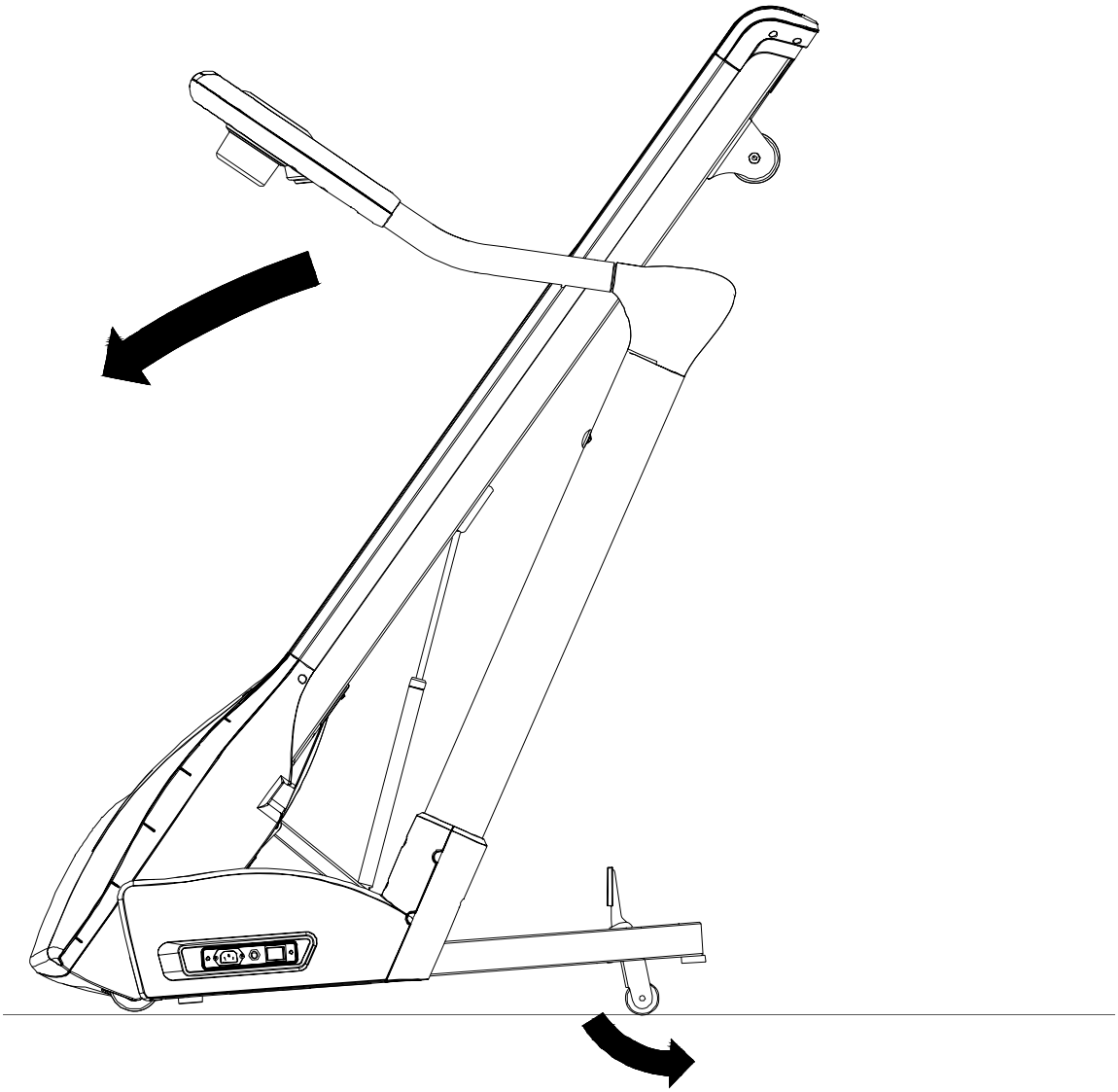


Push the deck release lever and gently pull on the deck. Once the deck begin to lower, let it fall by itself.



TRANSPORT INSTRUCTION:

To roll away for storage simply grab the rear deck, lift slightly and roll to desired location.



When the rear of the frame is rotated high enough,
The rear wheel will automatically move into position for transport.

MAINTENANCE

HOW TO MAINTAIN YOUR SMOOTH 6.17 TREADMILL:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.

- IMPORTANT:
  Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

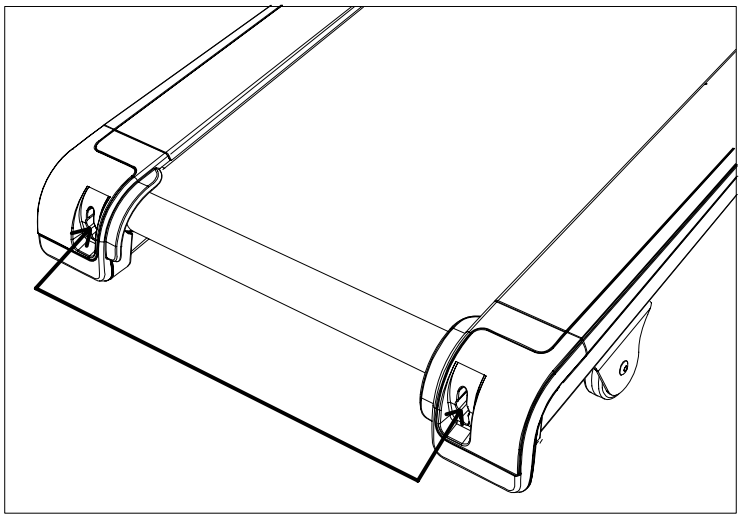
BELT ADJUSTMENT:
Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

- Walking belt has shifted to the left:
  First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

- Walking belt has shifted to the right:
  First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

- Walking belt is slipping:
  First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the same distance, usually a 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



Right and left tension bolts are located at the rear of the treadmill.

MAINTENANCE

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- Warning: To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- Important: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- After each workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- Weekly: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

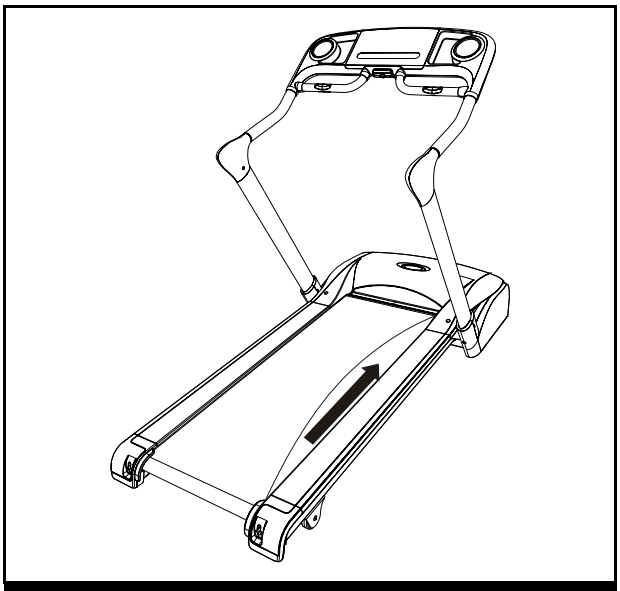
The walking belt has been pre-lubricated at the factory.
However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use Lube 'N Walk (can be purchased from your dealer or call the number on the front of the manual), or a non-petroleum based silicone such as "Napa 8300" (available at most stores).

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4. Allow the silicone to "set" for 1 minute before using the treadmill.



Spray lubricant from front to back.

IMPORTANT STEP

WARNING:

Before using this product, please consult your personal physician for a complete physical examination.

Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential.

Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising.
Do not wear loose clothing that could become caught during exercising.

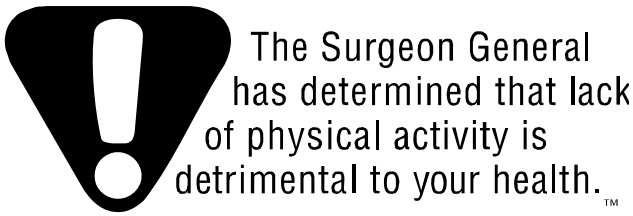
Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

BEFORE BEGINNING:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



TROUBLE SHOOTING

NOTE: Do not touch any internal electric wires without consulting the manufacturer.

Treadmill will not start:

1. Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual).

2. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.

3. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

4. Have an electrician check for inadequate voltage at the outlet.

Treadmill looses power during use:

A. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.

B. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

Treadmill walking belt slows during use:

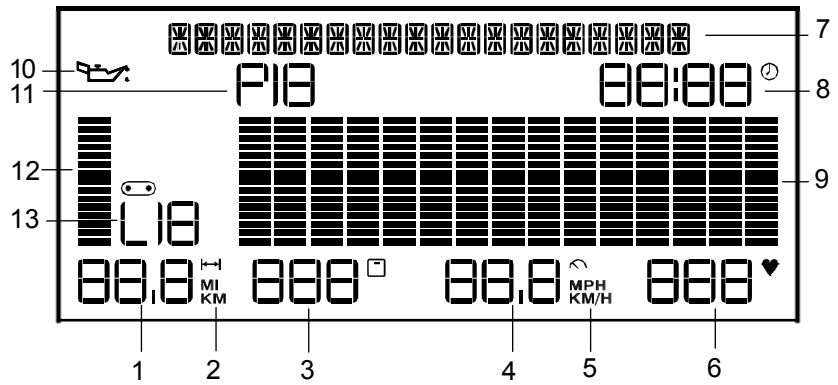
- Check to make sure the treadmill is securely plugged into an UL-listed surge protector, rated at 15 amps, with a 14-guage cord of five feet or less and the surge protector is securely plugged into the outlet.

Treadmill walking belt slips or is not centered on rear roller:

- Refer to the Belt Adjustment section of this manual.

COMPUTER INSTRUCTION

DISPLAY



(1) User Code / Distance Display
The range of User Code is from U 1 to U9. Initial User Code is U1.
The range of distance is from 00.00 to 99.99 km /mi.

(2) km /mi. display
The distance display in km /mi.

(3) Age display
The range of age is from 10 to 99. The initial age is 35.

(4) Calories/Weight/Speed display
The calories display range is from 0 to 999.
The Weight display range is from 20 to 200 kg or 40 to 410 lbs.
The initial weight is 68 kg /150 lbs.
The speed display range is from 0.0 to 200.

(5) Km/h; mph display
The speed display is in km/h; mph.

(6) Height / Pulse display
The height display range is from 50 to 250 cm / 1'08" to 8'03". The initial height is 160 cm / 5'3".
The pulse display range is from 40 to 250 bpm.

(7) Program Text display
Display of the program text.

(8) Time display
The time display range is from 00:00 to 99:59.

(9) Speed Diagram
Display of the speed in graphic form.

(10) Maintenance Symbol

(11) Program Display
The program display range is from P1 to P8 and C1 to C3.

(12) Incline Display

(13) Incline level / Program level display
The incline level range is from 0 to 15. The program level range is from 0 to 12.

BUTTON and FUNCTION:

START button

Press START to begin any selected program.

STOP/BACK button

a. Press this button to pause the program.
b. Press this button twice to return to the POWER ON MODE.
c. Press this button to go back to previous parameter, while in the PROGRAM MODE.

ENTER button

a. Press this button to get into the program set up.
b. Press this button to confirm the program settings and to change preset values.
c. Press this button to save settings before you START.

SPEED UP button

a. Press this button to increase exercise speed by 0.1 mph / km/h.

b. Press this button to increase the current assigned value in PROGRAM MODE.

c. Hold the button to rapidly increase the current assigned value / release to stop

SPEED DOWN button

a. Press this button to decrease exercise speed by 0.1 mph / km/h.

b. Press this button to decrease the current assigned value in PROGRAM MODE.

c. Hold the button to rapidly decrease the current assigned value / release to stop.

INCLINE UP / DOWN button

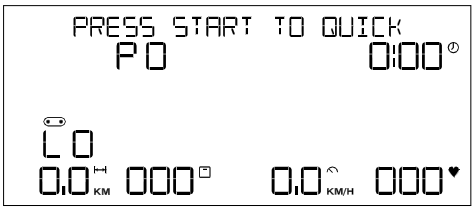
a. Press up or down to change the incline level when working out.

b. Hold the button to rapidly increase/decrease incline / release to stop

COMPUTER INSTRUCTION

POWER ON MODE

When the unit is switched on, “PRESS START TO QUICK START OR ENTER TO SELECT PROGRAM” will display on the LCD. Press START to begin training in QUICK START MODE or ENTER to go into PROGRAM MODE.



UNIT CONVERSION MODE – (km / mi.)

When the console is in POWER ON MODE, press the STOP and INCLINE-DOWN simultaneously to enter into the UNIT CONVERSION MODE. The console will sound an extended BEEP and show the current default setting KM (kilometers) or ML (miles). Use INPUT-UP and/or INPUT-DOWN to toggle between KM and ML. Press ENTER to confirm the selection and return to POWER ON MODE. The console with sound and extended BEEP as it saves the new setting. To exit UNIT CONVERSION MODE without saving use the STOP/BACK button.

SLEEP MODE

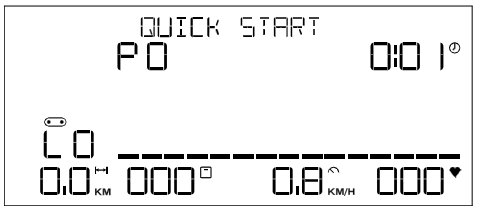
When the power is on the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input. Press any button to return to POWER ON MODE when the computer is in the SLEEP MODE.

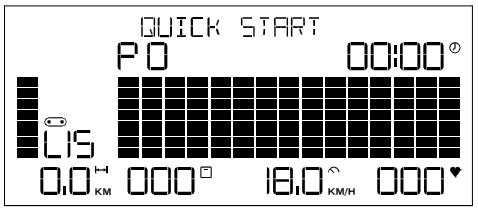
SAFETY KEY

The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation reinsert the safety key into the console and select desired workout program or QUICK START.

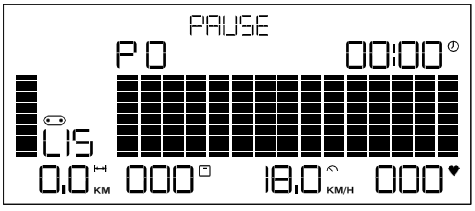
QUICK START MODE

When in QUICK START MODE, the treadmill will countdown from 3 to zero and then slowly begin the belt running at 0.8km/hr /0.5 mph speed. Time spanned, Distance traveled and approximate Calories spent will begin to count up from 0 . The running speed will also show on the display. When in QUICK START MODE, the accumulated Distance traveled and approximate Calories spent are NOT saved. The user may Press SPEED-UP and SPEED-DOWN button to adjust running speed, and press INCLINE-UP and INCLINE-DOWN buttons to adjust the INCLINE level.





Press the STOP button to pause the program, and press STOP again to return to POWER ON MODE.



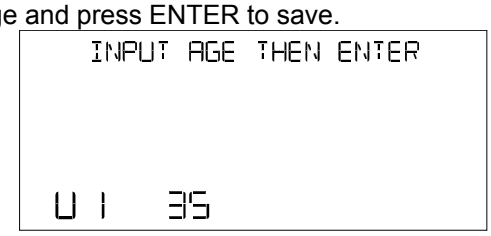
COMPUTER INSTRUCTION

PROGRAM MODE
Press ENTER button to enter PROGRAM MODE and begin setting user preferences, at the time of first use of the treadmill.

SET UP USER CODE

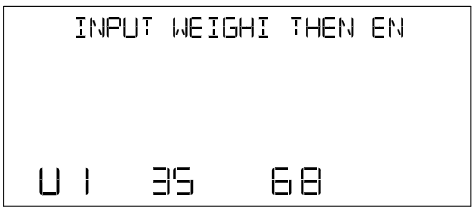
At firs, the LCD will show a blinking U1, and will also display only factory default setting values for user Weight, Height, Age and Target Heart Rate. Press the INPUT-UP / INPUT-DOWN buttons to choose the User ID from U1 to U9 and press the ENTER button to assign the user ID shown.

SET USER AGE
After setting the User ID, The LCD will display the current (or default) setting for Age (35). Press the INPUT-UP and INPUT-DOWN button to set the user Age and press ENTER to save.



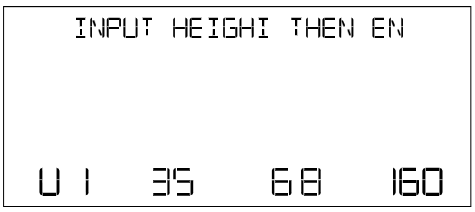
SET USER WEIGHT

After setting the user Age, The LCD will display the current (or default) setting for Weight (68 kg / 150 lbs.). Press the INPUT-UP and INPUT-DOWN buttons to set the user Weight and press ENTER save.



SET USER HEIGHT

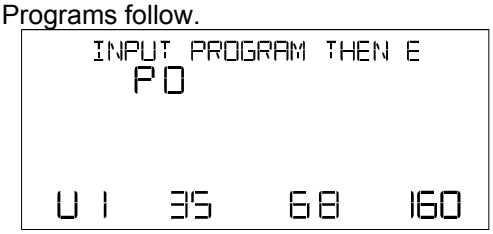
After setting the user Weight, The LCD will display current (or default) setting for Height (160 cm / 5’3’’). Press the INCLINE-UP and INCLINE-DOWN buttons to set the user Height and press ENTER to save.



COMPUTER INSTRUCTION

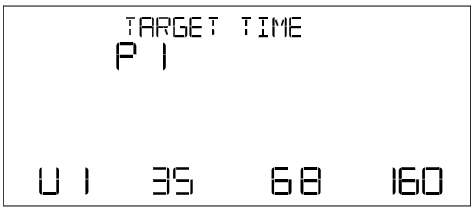
PROGRAM MODE

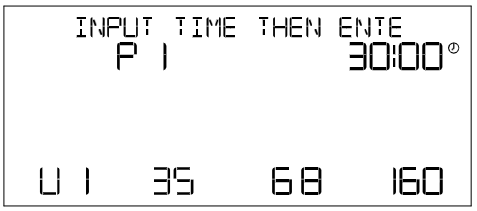
After setting the user Height, The LCD will display a Blinking P -, indicating that the user is now free to select from Programs 1-11. Press the INPUT-UP and INPUT-DOWN buttons to select the program and press the ENTER button to set up that program. Details on each of the Programs follow.

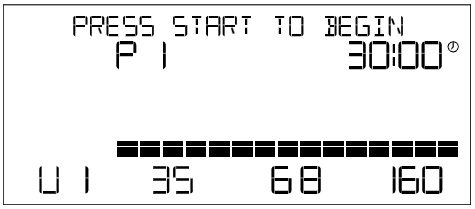


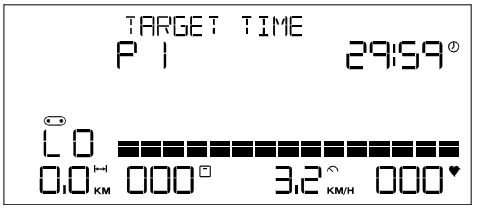
P1 - TARGET TIME PROGRAM

If user selects P1 and presses the ENTER, the user must next select the target time (min.) and then press ENTER to confirm the setting. The user may then press the START button to begin the program. Time will count down from the defined target time, with an initial speed with 3.2km/hr / 2.0 mph.

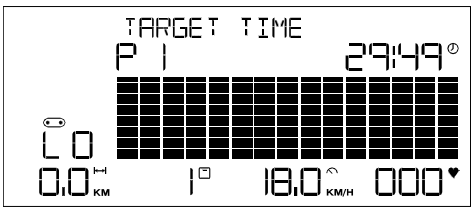






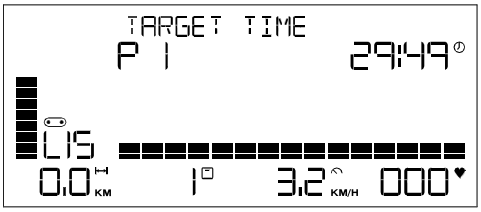


The user may press SPEED-UP or SPEED-DOWN to adjust the running speed.

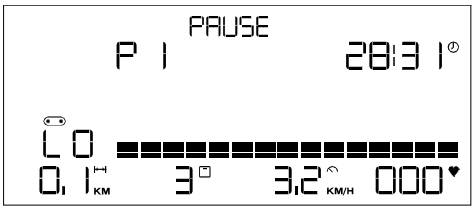


COMPUTER INSTRUCTION

The user may press INCLINE-UP or INCLINE-DOWN button to adjust the treadmill angle.

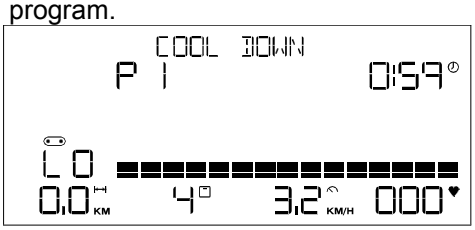


Press the STOP to pause the program, START to restart, or press the STOP button again to return to POWER ON MODE.

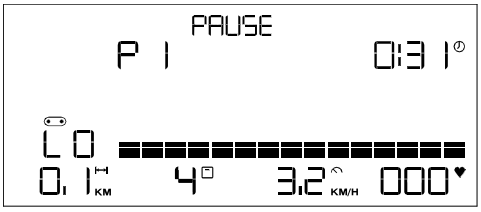


COOL DOWN

When the target time counts down to 0, the program will run the COOL DOWN program signaled by a BEEP sound. The program will then count down from 1:00, the speed will return to the initial speed of 3.2 km/hr /2 mph, and the incline will return to zero (L0). When the counter reaches 0:00, the treadmill will then come to a stop and BEEP once again. Pulse, Time and Calorie counters will pause. The SPEED-UP / SPEED-DOWN and INCLINE-UP and INCLINE-DOWN buttons are deactivated during the COOL DOWN program.



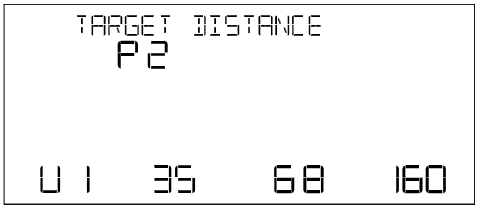
The user may press the STOP button to pause the program, START to restart, or and press STOP again to return to POWER ON MODE.



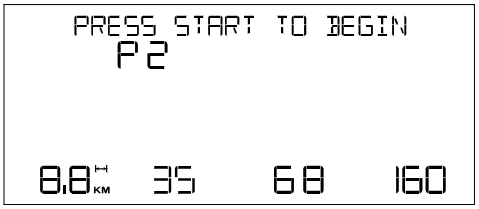
COMPUTER INSTRUCTION

P**2 - TARGET DISTANCE PROGRAM**

If the user selects P2 and presses ENTER, the LCD will blink 0.0 (km/mi.), the user must next use INPUT-UP and INPUT-DOWN to setup the Target Distance, and then press ENTER to confirm the setting.



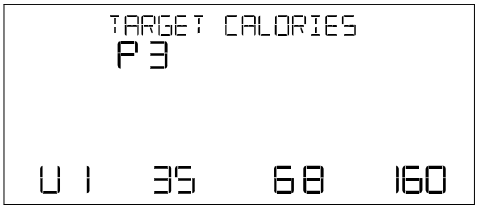
The user must then Press START to begin the program P2 – TARGET DISTANCE.

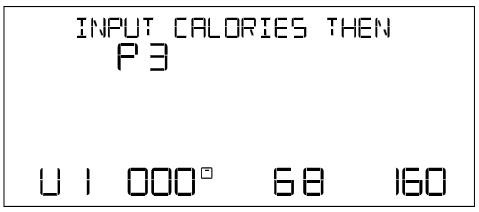


As previously described in Program P1, the user may the alter speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN, and Pause, COOL DOWN or STOP as described.

P3 - TARGET CALORIES PROGRAM

If the user selects the P3 program and presses ENTER, the LCD will begin blinking 0 (calories), the user must next use INPUT-UP and INPUT-DOWN to setup Target Calories, and then press ENTER to confirm the setting.

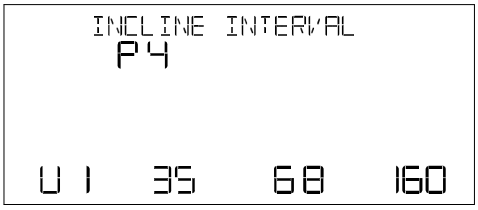




The user may then Press START to initiate the program, P3 – TARGET CALORIES. At program star the Calories will count down from the Target Calories value, running at an initial speed setting of 3.2km/ h / 2.0 mph. As previously described in Program P1, the user may the alter speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN, and Pause, COOL DOWN or STOP as described.

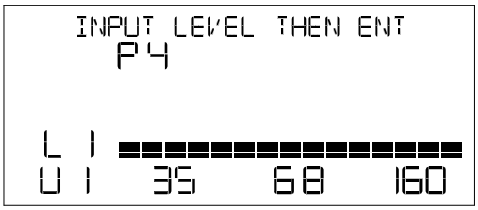
COMPUTER INSTRUCTION

P4 - INCLINE INTERVAL PROGRAM
If user selects the P4 program, and presses ENTER, Level and Duration Time need to be setup to start the program.

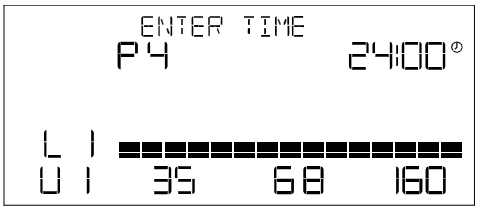


After selecting the P4 program, L1 will first be blinking, and the user must use INPUT-UP and INPUT-DOWN to select a Performance Level between L1 and L12, and then press ENTER to confirm the setting. For any given Performance Level selected the lower (min) and upper (max) incline values for each interval are given in the following chart.

PERFORMANCE LEVEL	Min. Incline	Max. Incline
1	0.0	4.0
2	1.0	5.0
3	2.0	6.0
4	3.0	7.0
5	4.0	8.0
6	5.0	9.0
7	6.0	10.0
8	7.0	11.0
9	8.0	12.0
10	9.0	13.0
11	10.0	14.0
12	11.0	15.0



After setting the preferred Performance Level, the LCD will blink 24:00 (min.) workout time, the user must use INPUT-UP and INPUT-DOWN to setup total workout time in intervals of 4:00 (min.), then press ENTER to confirm the setting.



The user may then press START to initiate the program, P4 – INCLINE INTERVAL. As previously described in Program P1, the user may the alter speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN, and Pause, COOL DOWN or STOP as described.

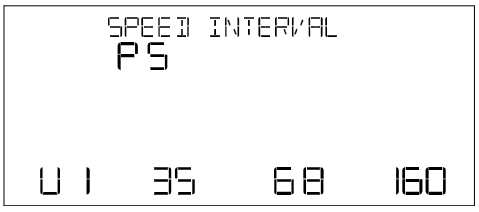
Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN buttons.

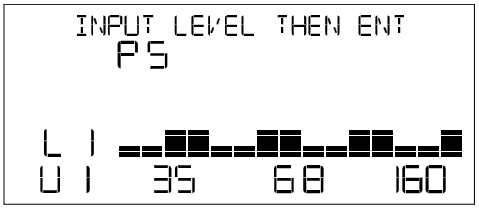
COMPUTER INSTRUCTION

P5 - SPEED INTERVAL PROGRAM

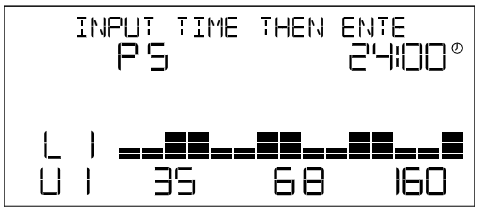
If the user selects P5 and presses ENTER, L1 will first be blinking and the user must select a Performance Level between L1 and L12 using INPUT-UP and INPUT-DOWN to set the min. and max. speed setting as per the intervals shown in the table below.

PERFORMANCE	Min. speed	Max. speed	Min. speed (km/h)	Max. speed (km/h)
1	1.8	3.1	2.9	5.0
2	2.0	3.4	3.2	5.4
3	2.2	3.8	3.5	6.1
4	2.4	4.2	3.8	6.7
5	2.6	4.6	4.2	7.4
6	2.8	5.0	4.5	8.0
7	3.0	5.4	4.8	8.6
8	3.2	5.8	5.1	9.3
9	3.4	6.2	5.4	9.9
10	3.6	6.6	5.8	10.6
11	3.8	7.0	6.1	11.2
12	4.0	7.2	6.4	11.5

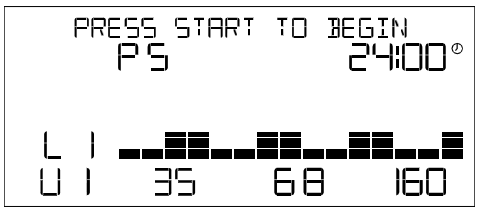




After setting the preferred Performance level, the LCD will display a blinking 24:00 (min.) workout time. The user must then use INCLINE-UP and INCLINE-DOWN buttons to adjust the total workout time in intervals of 4:00 (min.) and then press ENTER to confirm the setting.

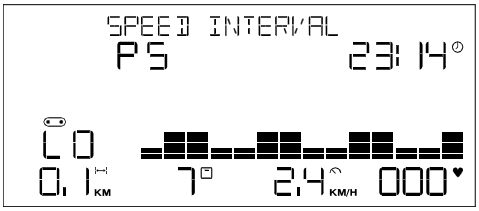


The User may the press START to initiate the program, P5- SPEED INTERVAL.



As previously described in Program P1, the user may the alter speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN, and Pause, COOL DOWN or STOP as described.

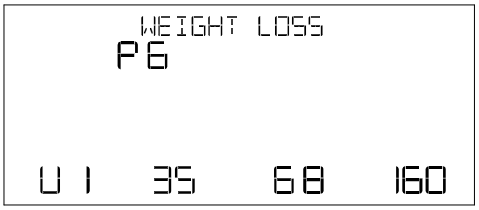
Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN buttons.

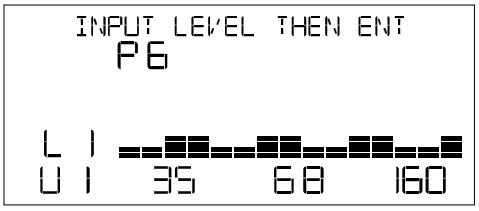


P6 - WEIGHT LOSS PROGRAM

If the user selects P6 and presses ENTER, L1 will first be blinking and the user must select a Performance Level between L1 and L12 using INPUT-UP and INPUT-DOWN to set the min. and max. speed and incline settings as per intervals shown in the table below.

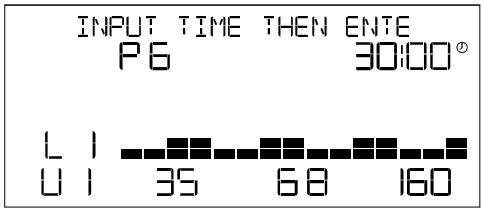
PERFORMANCE	Min. Speed (km / mi.)	Max. Speed (km / mi.)	Min. Incline	Max. Incline
1	2.6 / 1.6	4.5 / 2.9	0	3
2	2.9 / 1.8	4.8 /3.1	0	4
3	3.2 / 2.0	5.1 / 3.3	1	5
4	3.5 / 2.2	5.4 / 3.5	1	6
5	3.8 / 2,4	5.7/ 3.7	2	7
6	4.2 / 2.6	6.1 / 3.9	2	8
7	4.5 / 2.8	6.4 /4.1	3	9
8	4.8 / 3.0	6.7 / 4.3	3	10
9	5.1/ 3.2	7.0 / 4.5	3	11
10	5.4 / 3.4	7.3 / 4.7	4	12
11	5.8 / 3.6	7.7 / 4.9	4	13
12	6.1 / 3.8	8.0 / 5.1	4	14



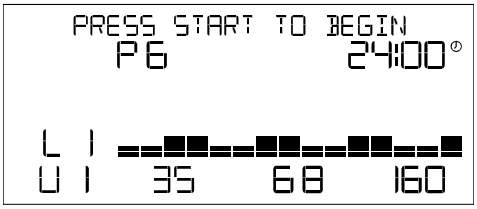


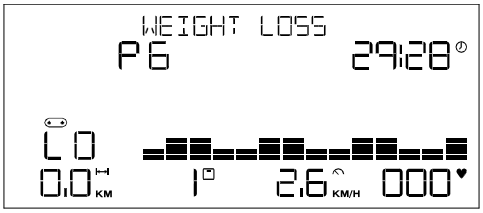
COMPUTER INSTRUCTION

After setting the preferred Performance level, the LCD will display a blinking 30:00 (min.) workout time. The user must then use INCLINE-UP and INCLINE-DOWN buttons to adjust the total workout time in intervals of 5:00 (min.) and then press ENTER to confirm the setting.



The User may the press START to initiate the program, P6 – WEIGHT LOSS.





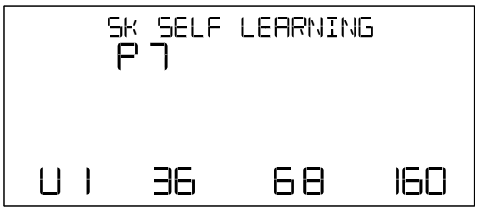
As previously described in Program P1, the user may the alter speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN, and Pause, COOL DOWN or STOP as described.

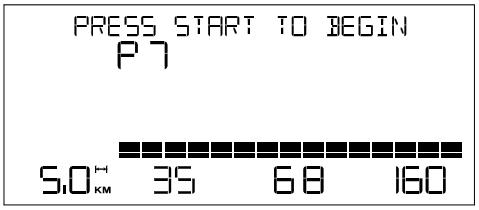
Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN buttons.

COMPUTER INSTRUCTION

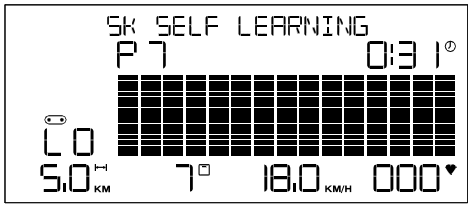
P7- 5K SELF LEARNING PROGRAM

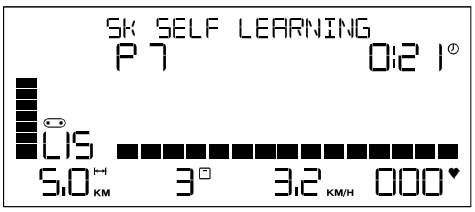
If the user selects the P5 and presses ENTER, the display shows the preset distance 5 km / 3mi.





The user may then press START to initiate the program, P7 – 5K SELF LEARNING. The Speed starts from 3.2 km/h / 2.0 mph, and Time and Calories begin to count up from 0. The Incline Level follows the factory pre-set profile, and Distance will gradually count down from 5 km / 3 mi.





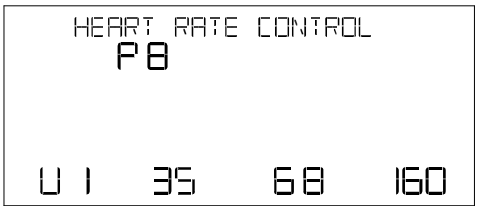
As previously described in Program P1, the user may the alter speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN, and Pause, COOL DOWN or STOP as described.

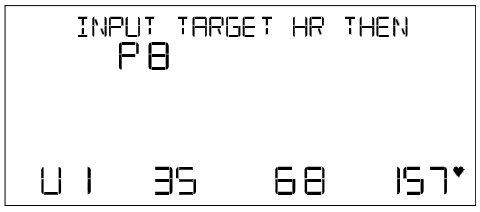
Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN buttons.

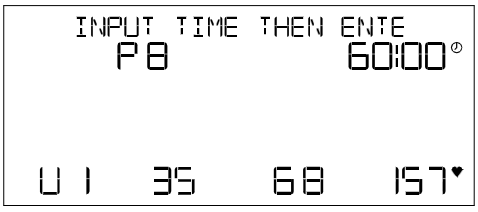
COMPUTER INSTRUCTION

P8 - HEART RATE CONTROL PROGRAM

If the user selects P8 and presses ENTER, The Time display will show the preset Target Heart Rate of 153 (bpm). The user must now set the Target Heart Rate using INPUT-UP and INPUT-DOWN, and then pressing START to confirm the setting. After this the user must then enter a Total Workout Time or accept the default 60:00 (min.).







The user may then press START to initiate the program, P8 – HEART RATE CONTROL.
Upon beginning the HEART RATE CONTROL program, up to 3 consecutive 3 minute monitoring phases are executed.

Phase 1 – Incline Adjust

In the first Phase, the user's heart rate will be monitored continuously and at 30 second intervals counting down from 3:00 (min.), if the Target Heart Rate is not met, the Incline of the treadmill will be raised one level at a time. The incline will continue incremental increases during this phase for up to the maximum of Level 5. If the Target Heart Rate is met in this Phase (twice), then the program skips Phases 2 and 3 below and begins directly with HEART RATE CONTROL MODE.

Note: The incline level will not change when the program can not detect the heart rate.

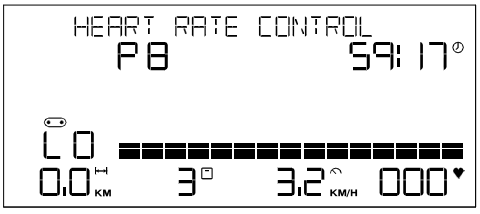
Phase 2 – Speed Adjust

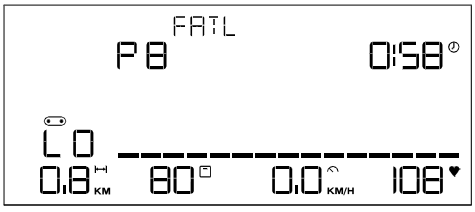
In the second Phase, the user's heart rate will be monitored continuously and at 30 second intervals counting down from 3:00 (min.), if the Target Heart Rate is not met, the Speed of the treadmill will be increase at 0.8 km/hr / 0.5 mph increments. The treadmill will continue to increase Speed in this phase beginning at 3.2 km/h / 2 mph up to a maximum speed of 7.2 km/h / 4.5 mph. If the Target Heart Rate is met in this Phase (twice), then the program skips Phase 3 below and begins directly with HEART RATE CONTROL MODE.

Note: The Speed will not change when the program can not detect the heart rate.

Phase 3 – Extended Monitoring

In the third Phase, there is no further change to Incline or Speed, and the user's heart rate is monitored continuously counting down from 3:00 (min.). If during this period the Target Heart Rate is not met (at least twice) then the display will give an indication that the HEART RATE CONTROL Program has failed and after 10 seconds blinking will return to the POWER ON MODE. If during the extended monitoring period of 3 minutes the Target Heart Rate is achieved the program will switch over to HEART RATE CONTROL MODE as described in the next section.





HEART RATE CONTROL MODE

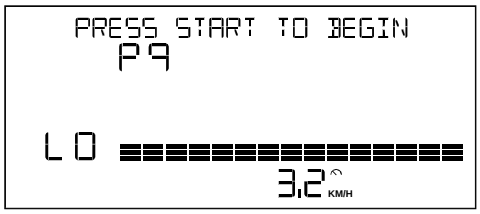
When the program enters into the HEART RATE CONTROL Program, The total time continues to count down, Calories spent and Distance traversed increase, and the treadmill will run with the same Speed and Incline level determined by the warm-up phases (Incline, Speed, Extended Monitoring). Throughout the duration of the program, the Incline level will be adjusted to maintain the Target Heart Rate, and speed will be adjusted if the incline reaches a minimum or maximum level. At every 30 second interval the program will modify incline or speed to maintain the Target Heart Rate. If the Target Heart Rate is exceed for just over 3:00 (min), then the monitored heart rate will flash 10 seconds before the unit switches into COOL DOWN MODE. If the unit cannot detect the actual heart rate it will display a 'P' (pulse) in place of the heart rate value until the sensors pick up a signal. If no pulse can be detected for a period of more than 30 seconds, incline and speed will reduce to their minimum levels (L0 (level) and 3.2 km/h / 5 mph) respectively.

As previously described in Program P1, the user may the alter speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN, and Pause, COOL DOWN or STOP as described.

Note: During the workout users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN buttons.

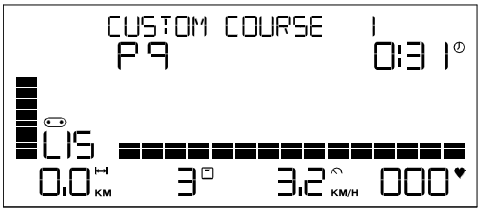
9. P9 — CUSTOM COURSE 1 (C1) PROGRAM

If the user selects the P9 program and presses ENTER, the LCD will display the previously saved Speed Profile or Preset Profile. The program can maintain settings for a total workout period of 60 minutes.



The user may then press START to initiate the program, P9 – CUSTOM COURSE 1. The user can adjust speed and incline intervals using SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN, respectively. The program is designed to then record the settings made for both incline and speed at 1:00 (min.) intervals for replay at a later time. The program automatically enters COOL DOWN MODE when the user presses STOP.

Upon exiting the program (with STOP) and/or after the COOL DOWN MODE, the user will be queried as to whether the recorded workout session should be saved for repeat use or not. The user can then press ENTER to save the recorded workout profile or press BACK to return to the POWER ON MODE without saving.



Extending/Reducing Recorded Time

When running a previously recorded program, The user can extend the time duration of the CUSTOM COURSE by pressing START before the time counts down to zero. Similarly, pressing START at this time will also allow the user to toggle between the option to extend training time duration or reduce it. With each contact of the START button during the duration of the CUSTOM COURSE program, it will toggle between EXTENDED and REDUCED MODE.

Extended Mode

Pressing START from within the workout period or during COOL DOWN allows the user to enter extended mode and then continue to alter speed and incline settings until a maximum of 60:00 (min).

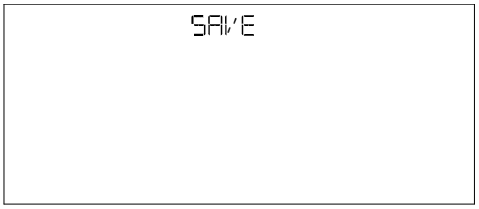
COMPUTER INSTRUCTION

Reduced Mode

Toggling with START to Reduced Mode and then pressing STOP to end the workout and delete all subsequent speed and incline settings that may have been previously been stored in that program.

As previously described in Program P1, the user may alter speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN, and Pause, COOL DOWN or STOP as described.
Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN buttons.

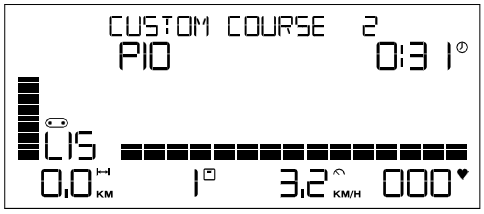
If the total workout time is reached or if the user decides to STOP the program, the SAVE screen will be portrayed, giving the user the option to save the recorded session for use. The Save screen as shown below stays open for access over a coupe of 10 seconds. Should the counter be permitted to count down to zero then a 1 min. COOL DOWN Program is initiated first. The user may still interrupt the COOL DOWN sequence, by pressing STOP sequentially.

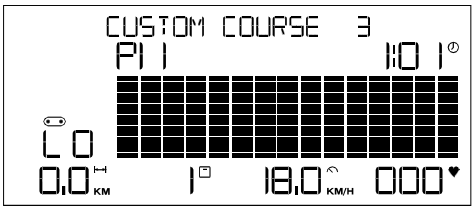


To Save the last set of 1 min. intervals executed, the user must now simply press ENTER. This will overwrite any previous interval settings for this program. To not save or overwrite the previous data the user must simply press STOP (once and again), and they will be returned to POWER ON MODE.

P10 - CUSTOM COURSE 2 (C2) PROGRAM

P11 - CUSTOM COURSE 3 (C3) PROGRAM
Programs 10 and 11 provide additional positions where speed and incline intervals can be recorded in 1 minute intervals over the course of a maximum 60:00 min total workout time. The instructions for use are the same as with P9 – CUSTOM COURSE 1 (C1) PROGRAM





WARRANTY

Read and follow the assembly instruction and the User's –Manual before using this product.

Warranty Coverage:

SMOOTH Fitness and EVO Fitness warrants to the original owner that each new product to be free from defects in workmanship and material. Under normal use and conditions. This warranty is limited on home use only.

Period of Coverage:

The Warranty on this product runs from the date of original purchase using the following schedule:

Model Name	Frame	Drive Motor	Parts & Electronics	Labor
6.17	Lifetime	Lifetime	5 years	1 year

LABOR: Smooth Fitness will reimburse for labor costs for One (1) year.
Smooth Fitness reserves the right to either: Hire and reimburse an independent service technician who will come into the home for the repair, OR In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay $75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

Remedy Provided by Smooth Fitness:

Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer's home. The customer is responsible for the cost of sending the part to Smooth Fitness.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness. Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty:

To obtain service on a Smooth Fitness product, call Smooth Fitness. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above.
To help the technician assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit;
- The part description and the order number.

Limitations on Warranty:

This Warranty does not cover wear and tear, any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

This Warranty does not apply to any product shipped or handled outside of Germany, Austria and England. This Warranty does not apply if the product is used as a rental product or in commercial use, Consequential and incidental damages are not recoverable under this Warranty.

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

FORM WS-1 (rev. 08/2005)

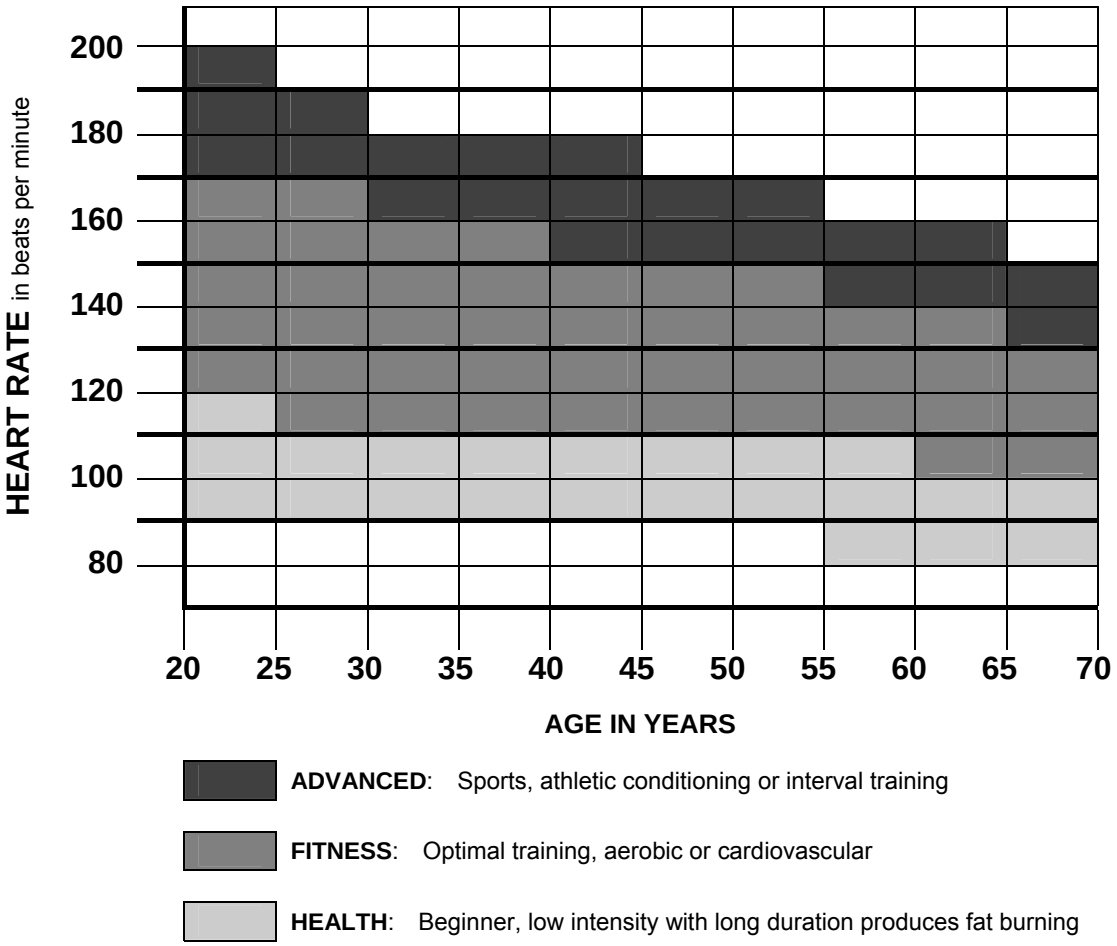
TARGET HEART RATE

Finding Your Pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

FIND YOUR TARGET HEART RATE



You can calculate the target-heartrate for your training as follows:
Maximum heartrate = 220 minus age
For the different trainingtargets you should train with the following percentage of your maximum heartrate:

HEALTH**:** **50 – 70% of your max. heartrate**
FITNESS**:** **70 – 80% of your max. heartrate**
ADVANCED**:** **80 – 90% of your max. heartrate**

Example:

You are 25 years old and want to train for the target Fitness:
220 – 25 = 195
70% of 195 = 136,5
80% of 195 = 156
Your target-heartrate should be between 136,5 and 156 beats per minute.

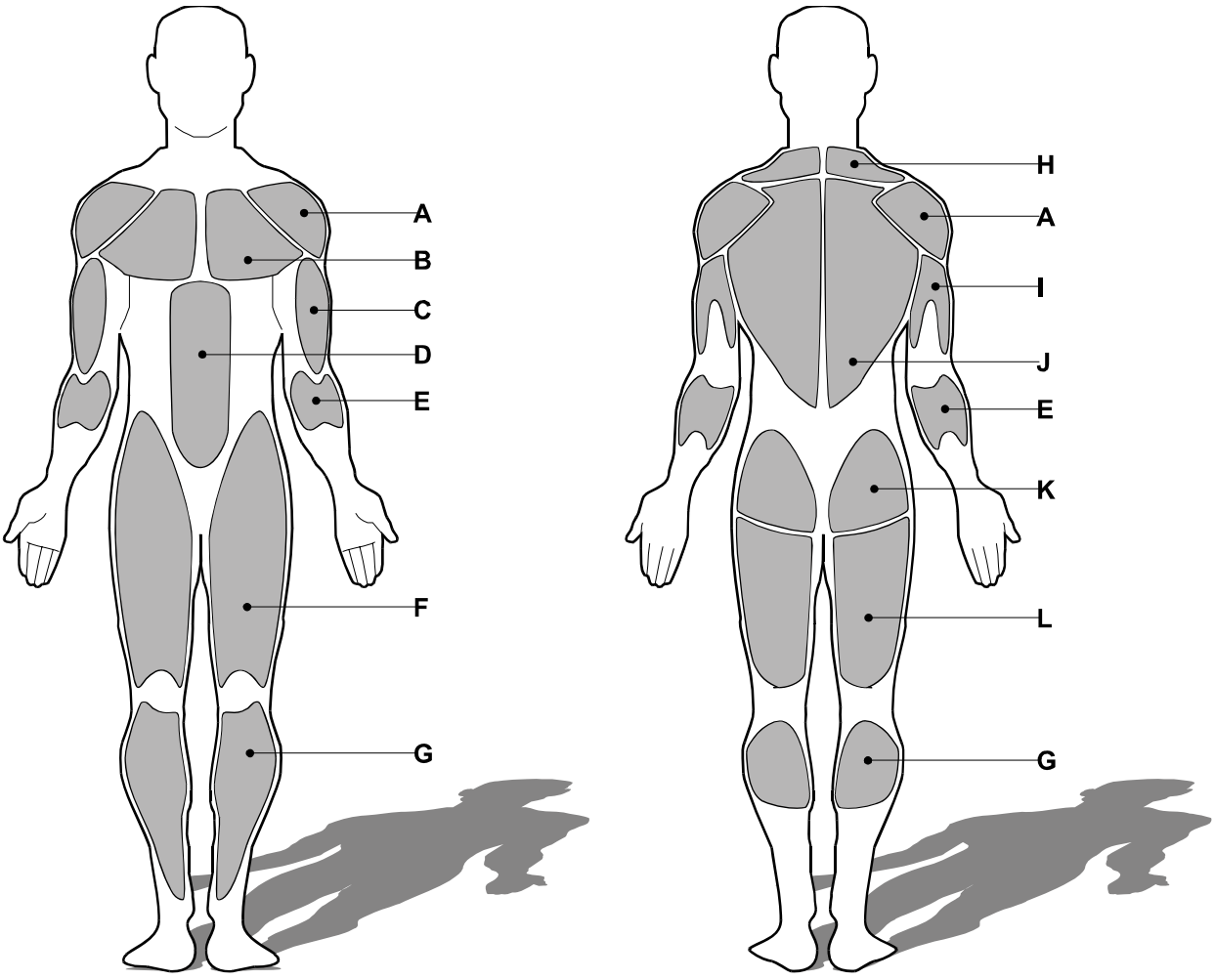
Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs.
It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted Muscle Groups:

The exercise routine that is performed on this product will develop the upper and lower body muscle groups. These muscle groups are shown in gray color on the chart below.



Shoulder muscles	**A**	**B**	**Pectoral muscles**
Bicep muscles	**C**	**D**	**Abdominal muscles**
Forearm muscles	**E**	**F**	**Quadricep muscles**
Calf muscles	**G**	**H**	**Trapezius muscles**
Tricep muscles	**I**	**J**	**Back muscles**
Gluteal muscles	**K**	**L**	**Hamstring muscles**

STRETCHING ROUTINE

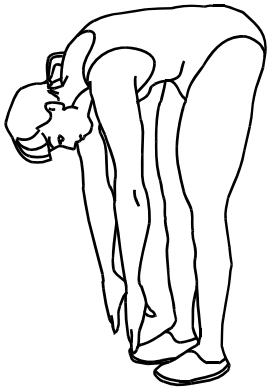
Warm up and Cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

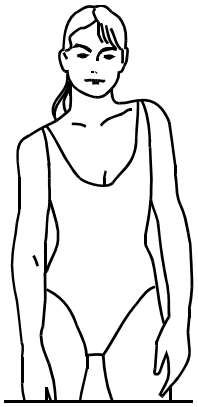
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



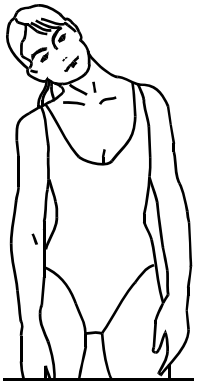
Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



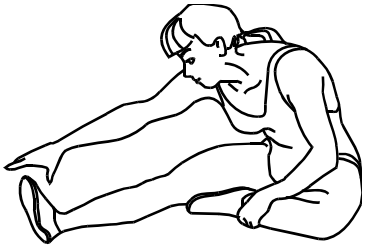
Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



STRETCHING ROUTINE

Hamstring Stretch:



Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

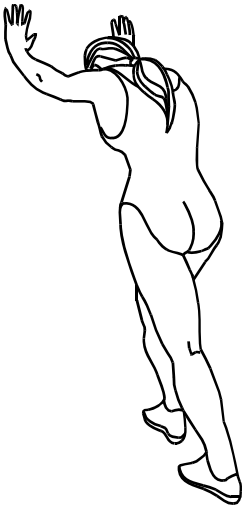
Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

Calf-Achilles Stretch:



Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

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